

LIVE WELL

by **Dr. Anne Victoria**

Feb 2019

All rights reserved.

CONTENTS

Offering.	2
Foreword by the author.	3
I. Healthful life.	7
II Our Culture, promoting a healthful life.	8
III. Global Culture and changes in our life.	9
IV. Marvels of our body.	12
V Diseases in general.	25
VI. How we make our body an abode of diseases.	27
VII. Chronic Diseases.	33
VIII. Food for health.	66
IX Answers to some usual questions.	80
X. Quest for health.	83
XI. Panja Boothas.	84
XII. Union with Nature.	90
XIII. Another quest -violence and cruelty in our genes	93
XIV. Man and Nature.	94
XV. How to change our genetic itch.	96
XVI. About the author.	98

OFFERING.

To all those who would like to know the marvels of human body structure, its wonderful ways of functioning and it's self-healing capacity, how it becomes an abode of diseases by our mis-management, prevention of chronic diseases and aiming at good health.

And to my father,

Who retired from the international ambulance train service during the World War II,

Who taught me Tamil, English and first- aid medicine,

Who was Abraham teacher for the public,

Who kept our door always open to serve anybody, with J and J Dechane company medicines for diarrhoea, dysentery, cold, fever, poisonous bites, small accidental wounds with suturing and bandaging etc.,

Who motivated me to become a physician,

Who made me sit in front in the scholar's gathering,

To him, I offer this small book, 'Live Well.'

Fore word by the author.

We come into this world without ever asking for it. It is believed by some philosophers that the souls choose their parents to be born in a particular human body. Our body is a pure gift from God, a unique combination of five elements of Nature and our noble Parents. It is our parents who asked for us, planned for us and cared for us. We are left to discover the purpose of our being born human, during our life-time.

We have to leave this world without our asking, quite unaware. There had been saints who had fixed the time of their death in the history like Vallalar who dissolved his body and became Jyothy.

Our ancient mother Auvaiyar has sung in her very simple Tamizh language;

‘The purpose of our body is to discover the noble man within.’

Thiru Moolar has said in Thiru Mandiram, ‘I grow my body in order to grow my life.’

But Thiru Valluvar has said ; ‘Be born only if you can live famous.

Otherwise, better not to be born’

Manner of death.

Our grand parents died amidst the family, at home, after talking to them, blessing them and also revealing their last wish etc. Till then the milk that was poured into their mouth by the loved ones, one after the other will be swallowed. Regurgitation of milk was the indication of death. The last one from whose hands this was done was supposed to be the liberator of the deceased from this bondage of human body. It was said they waited till the arrival of their loved ones from whatever distances may be and also for their last wish to be fulfilled. Even the long term ill-feelings were forgiven before death. All the ceremonies associated were fulfilled meticulously so that the dead person’s soul reaches the paradise without any hitches and there were certain rituals done on the anniversary days and also on Thai Amavasai day i.e. new moon day at the month of February, at the banks of rivers or seas for the peace of the deceased.. All those food items the dead one liked during his lifetime were offered and they were fed to the fish or the crows. Different religious customs were sure to be followed, giving utmost importance as the duty of the entire family and also the extended family.

But increasingly now, most people do not want to die at all and definitely not at home and hence, they seek the help of medical world to prolong their stay here a little longer in the intensive care unit for a few days or weeks and even months for the comatose or terminal cases of incurable diseases at whatever the cost may be. Ivan Illich, in his famous book, ‘Medical Nemesis’ said, ‘Beds are filled with bodies neither dead nor alive. Hospital deaths are now enduring’ in spite of the medical and surgical expenses soaring high as much as 2,000% more than before. There is an ever growing business of diagnostic, medical and surgical machineries all over the world, the countries competing with each other. People think that the high technological care reduces the pain and artificial transplantation of organs increases the life time. A death without a medical person in their uniforms of a white coat and stethoscope as a ‘white magician’ is considered to be synonymous with a disaster. Such physicians’ monopolising the health-care is increasing from the beginning of 20th. Century.’

The pharmaceutical world has a parallel gigantic growth, reaching out to more and more dangerous and lethal chemicals and formation of prosthesis of human organs, never ending research at the cost of laboratory experimental animals, they say. The robotic surgical

transplantations of human organs has received a huge appreciation from the people. In spite of such great hopefulness of people, 'The rate of death due to medicines is far more greater than due to diseases themselves,' said Ivan Illich. He said, 'that there are ample proof from all the countries in the world for his such a sweeping statement. And yet the whole world is at the feet of medical world today, knowingly or unknowingly that it is an 'an unavoidable evil'.

South Indian Siddhas have said 2500 years ago, that the earth has come into existence due to some changes in the composition of the Panja Boothas, the five elements in nature and due to continued changes, the bio-diversity in nature came into existence. Thiru Moolar has sung in the most beautiful Tamillzh;

'What is in the earth is in the human body,	'Andathilullathe pindam,
What is in the human body is in the earth.'	Pindathilullathe andam.'
If you reflect well, both are the same. 'Andamum pindamum onre, arindhu than parkum bothae'.	
If the earth gets shrunk, no end to it.	'Andam suringinal atharkor azhivillai,'
If the body gets shrunk, the life is assured.	'Pindam suringinal, pranai nilai perum.'

We must deeply reflect and understand how the body and the earth are the same, made of the very same five elements so that we will learn to appreciate the two and become the custodians of both. All the five elements are of vital importance for both which need to be in perfect balance in order to maintain the integrity of both. Many yogic saints of intuitive knowledge and also the modern scientists of many countries have warned us much about the health of both. One of them is of very much importance, for she has sacrificed her life to make us realise its importance and validity and that is the American marine environmental scientist Ms. Rachel Carson who has written in 1962 an alarm raising book by name, 'Silent Spring' wherein she says; 'Man is heading ahead towards destruction in a very fast speed. The worst of all his actions is spreading of all sorts of harmful chemicals and atomic rays in all seas, rivers, air and land'. She continues, 'The last and the greatest danger to our civilisation is the genetic deterioration through man-made agents. We can if we wish, reduce this threat to our genetic heritage, a possession that has come down through some two billion years of evolution and selection of living protoplasm, a possession that is ours for the moment only, until we must pass it on to the generation to come.'

Dr. Jayaraj, the former Vice Chancellor of Tamil Nadu Agricultural University, Coimbatore, has written a book by name, 'Resurgency of Sucking Pests' wherein he explains that the insects though small are many in species and numbers. Whatever pesticides are hurled on them, they can still fight them out and they can come again to life.

Dr. Pant from 'World Health Organisation' says : 'Our American scientists working hard day and night for many years in their laboratories, have found a chemical that can kill all the mosquitoes in the world. There, has already emerged from some where in the Asian swamps a mosquito that could survive even this!'. So all the countries are working hard to discover more and more deadly poisons, in the name of 'insecticides' waiting for rewards and awards. The companies that multiply such deadly poisons are mushrooming all over the world.

It's sure that the mosquitoes will never be wiped out from the face of this earth, but the diseases they spread will grow, for the germs they carry within them also will never be wiped out by chemicals, the so-called 'anti-biotics'. But the pharmaceutical and medical world are bent on taking it as a challenge, produce non stop deadly poisonous chemicals. Today the people of the whole world obey the commands of the medical world which try unending solutions for diseases by medicines, robotic surgical removal of organs and transplantations of human organs as many as possible. So far this is the top most remedy that can be thought of. The whole world knows that the cost of medicines and the medical services are escalating and that 'most people die of over-medication than the real diseases!'. All accept it, as there is 'no other option.'

The traditional folklore medical practices of all the countries are denied, forced to be forgotten and they die a natural death. The traditional healers are called "quacks" and their knowledge and capabilities are thrown away as 'un-scientific.' Man is becoming unfit to survive today and he has totally forgotten the healing power, the 'vital essence' of his own body. The self-confidence to heal himself is destroyed and we have become 'doctor -dependent' and 'allopathic-medicine dependent.' The air he is breathing, the water he is drinking, the food he is eating, the earth he is treading on and the remedies he is taking all are poisons, made by him. He has fallen a prey to all the external agents to speed up his death call. His life time is getting shorter and shorter and painful and we have seemingly no control over it.

In the evolution, the very first living beings are the single celled algae, viruses, bacteria, amoeba and paramecium etc., and then the insects and lastly man. This is attested by the Indian saint Manicka Vasagar with his intuitive knowledge and also by the British scientist, Charles Darwin. If man does not show any pity to the first life on earth and in the process of war against them and nature, he kills himself and nature also will not show any pity on him.

All over the world, now it is a known fact that the most important cause of death is the chronic and incurable diseases and the second cause of mass-death is the recently increasing natural nemesis in all different parts of the world. 'Nemesis' is a Greek word meaning 'Vengeance.' There is no doubt at all that man is triggering both the causes of death, diseases to the body and natural calamities in the earth, doing all sorts of atrocities against nature and its stringent laws.

In many languages this injunction is prevalent such as; 'Do not mess up with Mother Earth. She is our Mother no doubt, but She is the most powerful also, for She came into existence on her own, 3 billion years ago and She gave birth to her last son before a million years ago just within an eye-blinking time in the evolutionary time scale. She is most ancient and also vulnerable at the same time. She could not tolerate her last arrogant son's undisciplined appetite for a long time'. The result is the frequently emerging natural nemesis. Man is not able to identify the devils of his own creation.

I have been asking this question to myself about ‘diseases leading to death’ from the age of ten when I came in confrontation with it for the first time in my life. Purposely I was earnest to become a medical graduate and I completed it in 1973. From 1983 to 2014, I have been working among the rural people promoting community health with herbal medicine and organic farming practices. But I also have been suffering from many diseases all my life and have been trying my best to find out appropriate herbal remedies all my life and yet, I had become ‘allopathic medicine and doctor-dependent’ from 1978 to May, 2018.

Recently I have been reading the following books:

1. ‘Body the greatest gadget’ by Sadguru-Isha.
2. ‘Food body’ by the same.
3. ‘Fit for life’ by Harvey and Marilyn Diamond.
4. ‘Mucusless diet healing’ by Arnold Ehret.
- 5 ‘Natural Health,Natural Medicine’ by Andrew Weil M.D.
6. ‘Art of living without food’ by S.Venkatesan.
7. ‘The secret life of plants’ by Peter Tompkins and Christopher Birds.
8. ‘Genes, chromosomes and diseases’ by Gillham N.W.’.

These books have brought about a lot of changes in my life and the way I care for my health. At last, I think, I have found some right solutions for liberation from my miseries. From 5th. May,2018, I have freed myself from dependency on allopathic medicines and on doctors after having started following the ‘Mucus less diet’ system,’ lived and taught by Prof.Arnold Ehret and ‘Fit for life’ by Dr.Harvey.

Myself ashtonished, shared my views with Thiru Vaira Dinakaran who encouraged me to share it with more people and hence this small book, ‘Live well’ is in your hands, thanks to him.

Dr.Anne Victoria,
February, 2019,
Pudukkottai.

I. HEALTHFUL LIFE.

INTRODUCTION.

A Healthful life can be achieved only by living healthy, by giving it the foremost priority. Healthful life is not merely an absence of disease, and body and intellectual growth according to age alone, but a dynamic living in peace and joy in the society, contributing one's maximum for it's welfare.

There are two great poets to whom I frequently refer whenever I want to find some reasonable answers for disputable, difficult questions all my life. They are both from Tamizh Nadu. One is a poet and physician for all ages, Thiru Valluvar who has written Thiru Kural 2500 years ago. Thiru Kural contains 1,330 short poems of two lines. and the second is Subramania Bharathiar who has completed his 136 years with 2018 who has written innumerable poems to stimulate a sense for freedom and for social changes during our struggle for independence. He has disclaimed any caste and acclaimed women equality.

a) Signs and symptoms of healthful life:

Our great Tamizh poet Subramania Bharathiar has sung his own version of a healthy life:

'Oh! come with your very bright eyes,
With a heart filled with strength
Your shoulders are very strong
Your mind is very clear
Your language is very powerful
Your walk is like that of an oxen
Your thinking is quite transparent and noble
And your body is without any disease.'

Every one accepts that living fairly comfortable and dynamic life for 100 years without diseases is a sign of healthy life and the recently increasing number of sudden deaths even before 40's are indicators of bad health. The main factors that can help in living a long healthy life are :

1. Living in clean environment with unpolluted air, water and sunlight.
2. Eating un-polluted, minimum simple food
3. Daily living by hard manual work in soil and
4. Minimum required rest.

Living closer to nature seems to be the most important of all the necessary conditions.

b) Strategies adopted by people of long, healthy life:

Here, we would analyse the life of people who have lived longer and find out the strategies which they followed for their long healthy life. Our South Indian Siddhas have lived more than 200 years in the forests and caves of Kolly hills and Western Ghats in South India for which ample proofs are available in books and stone culverts. Their strategy was roaming free in the forests, eating plant-foods and living hard life with minimum comforts. Yogis lived free in the Himalayas and Tibetan areas for many 100s of years. The tribal- nomads live in Tibetan villages all their lives

tending cattle in the open air walking many miles a day with their cattle with minimum food and rest from sunset to sunrise.

In America, a physician, Dr.W.Walker has lived recently upto 140 years. He has written a book by name 'How to reduce weight by natural ways' wherein he reveals the secrets of good health. He says that the plants, seeds and nuts are very good as food. The enzymes of plants and man are similar, they attract each other and they are available only in nature.

Alexander Lieve is a great scientist and he took up some research among tribals who live longer all over the world. He has selected a tribe in Russia by name 'Apkagians and in the Equator a tribe by name 'Hunzas', who claim themselves to be the direct descendents of soldiers of King Alexander the great. They could walk 120 kms at a stretch in the rough mountains, cut 2 holes in the winter-lake, swim in the ice. Every one in this community lived more than 100 years minimum. Their diet was vegetables, fruits, grains, goat -milk and butter from it.

Before our own eyes we see Dr.Padmavathy unmarried, who in Mumbai celebrated her 100th birthday in October,2018. She still continues to perform heart operations. According to her, the secret of long life are her care and tension -free life and her service- mindedness, hardly ever thinking of self.

II. OUR ANCIENT CULTURE PROMOTES A HEALTHFUL LIFE.

Our culture is very ancient, noble and quite different from cultures of all other countries in the world. Our culture says that man and God are the same and we are living towards Mukthy. Our ancient yogis and South Indian Siddhas have found out in their divine wisdom that the human body and the earth are the same. We had been living close to nature, respecting and guarding it and worshipping it. We have been eating organically produced food and natural medicines. Our food has been our medicine and medicine our food. We have been working manually, building villages where food production has been agri-culture and we shared food with all and there was a mutual exchange system for services rendered. Local governing bodies functioned meaningfully. The villages were self-contained and flourished, though at times selfishness exhibited by some, affected a few. People lived fairly contented following their own traditional professions. Among common people our traditional folklore medicines were in practice. Till the late 19th century, every child was born easily at home with the help of traditional women dais. Most people died at home of old age rather than diseases. Hardly any one wanted to go to hospital which was rare.

Sciences of systematic medical system such as the Siddha, Aurveda and Unani were well recognised all over our country and the world. Let me list out a few noble men of our country, beginning with our ancient, intuitive scientists, who have written great scientific truths in form of poetry in which they were well-versed. Thiru Valluvar, a sage for all ages has written elaborately the strategies to meet every situation in life from common citizen to kings. He is a great physician also. He gives guidance to good health, good life here and life eternal. Subramania Bharathiar is a nature poet who lived a short life during our struggle for freedom. He was a very powerful singer who could hold the mass audience spell-bound by his songs awakenig to freedom. He said, 'If there is no food for any single person, we will burn down the earth' when he himself lived and died in extreme poverty. For him, all living beings are his relatives.

Indian systematised medical systems and Yoga.

We have our own systematised medical systems, Ayurveda, Siddha and Unani, well recognised and accepted by other countries also. Now Indian Government is promoting the same through a separate ministry called 'AYUSH'. One of India's contributions to the world is 'Pathanjali Yoga', practised and taught by a yogi by name, Patanjali.

III. GLOBAL CULTURES AND CHANGES IN OUR LIFE.

The global culture that we have accepted, whether is promoting our health or not is debatable.

We have accepted today's global culture wherein basically God and man are different. Man is standing outside nature and thinks that he has all the power over nature and so, he can dominate the nature and he can exploit all others for his advantage. Science and technology has led us to 'development' and man 'bioprospects' meaning imitates nature and that is all he is concerned about and he does not consider himself as the 'custodian' of nature.

Two World Wars have been fought which have done immense havoc to people of many countries. Atomic bombs had been blasted by America for destroying other countries and thereby claiming to be the 'the most powerful'. Human slaughter is every day happening even today. History can tell us a whole lot of shameful wars, blood-shed, colonising and ruling over other countries, slave trading and exploitation of nature. The domination of one nation by the other leads to great destruction starting with its ancient, original culture.

The British enslaved us, plundered our most valuable wealth, exploited us and destroyed all that pertains to our culture, our noble religions, arts, sciences and educational value systems. We have accepted all the foreign cultures avariciously for, our old genes have the same old addictions to inherent cruelty and are just waiting for some release and some new expressions. All different countries have done the same thing and our culture also gets absorbed by the others, if they find it advantageous.

During the British invasion, we lost our uniqueness of everything which is a loss for ever. British culture, its medical, educational and governing systems were thrashed upon us. Most willingly, we have accepted the allopathic medical system in spite of the fact that great leaders like Mahatma Gandhi were not for it and refused to follow it during their time.

All the countries have taken a fascination for allopathy, the principle of the 'opposites' and 'germ theory'. So also scientists of many countries have contributed to the emergence and the present day gigantic growth of allopathic medical system wherein any proposition must be proved scientifically in order to be believed and accepted by others and there is no room for science of intuition or enlightenment.

a) *A short relevant history of allopathic medical system.*

Many Scientists from various countries have contributed to the growth of allopathic Medical system which is still growing gigantically in all the countries. Lifetime researches of many scientists even under life threatening situations are to be admired by the future generations, for these are the basic building blocks of medical sciences.

1.It was a British scientist by name Shan who first discovered the human cells and proved and got accepted by other scientists.

2.It was in 1849 a French scientist Louis Pasture who discovered germs in cells suffering with the respiratory disease called 'tuberculosis'. He named them 'tuberculous bacilli.' So he became 'The father of the most famous 'germ theory,' the basis and the bulwark of allopathic medical system. The process of milk purification has been named in his honour, 'Pasteurisation'.

Followed by him, different scientists from different countries were able to identify different germs in various different diseases like the leprosy, whooping cough, pneumonia, tonsillitis, cholera, diarrhoea, dysentery and syphilis etc. Each germ was named by the scientists and got accepted by all the scientists of the world. The 'germ theory' was well confirmed by all as an unquestionable gospel truth by the entire world.

3. In 1928 Alexander Flemming, a British scientist discovered that some germs do not grow where a fungus by name 'penicillin' grows. He proved that penicillin is able to kill some germs and it was named an 'anti-biotic'. It was proved a life-saving drug to fight sepsis of war injuries during the World War II.

Followed by him many scientists from different countries discovered many other 'anti-biotics' and named differently. The pharmaceutical companies mushroomed in different countries which jumped in research and manufacturing of many other 'antibiotics' in different brand names. Chloramphenicol is one of them which was introduced as an anti-dote for typhoid and later it was used against many germs. Streptomycin, Erythromycin are some of such broad-spectrum antibiotics which were used to cover many diseases at a time.

4. A British physician, Edward Jenner, during the time when the occurrence of small pox was epidemic in England observed that when all others were suffering, the milk-vendor alone was going about healthy which triggered his curiosity. He started to investigate her. He came to learn that she had a similar small attack already when her cow had the small pox blisters in the udder. She had the same blisters in her hands alone. So he linked the 'previous small occurrence and the present absence of the disease'. He introduced a small amount of liquid from one blister into another's body and observed a similar occurrence but in a very small scale and not in its real cruel form. From there originated, the theory of 'prevention of a disease by vaccination'

Followed by that, many different vaccines like that of 'triple vaccine' the DPT against Diphtheria, whooping cough and tetanus and 'oral polio drops' against poliomyelitis etc. have been discovered and used with much appreciation and a lot of researches are continued to discover vaccines against other incurable diseases like the 'Aids' and 'cancers' at a very great cost. For all the other diseases, the germs get thrown into the air, water and food without our being aware of it. But only for the sex-linked diseases, like the 'aids', individuals go in search of them. Man has such a

wonderful control over himself. This most horrible disease is found only among the most 'noble' human species.

5. The great Italian artist, the same one who painted the still controversial, mysterious, famous painting of 'Monalisa.' Leonardo Davinci, was a physician also. He had examined and found out that his model, whose real name was Madona Lisa Maria de Gheravidini died of Atherosclerosis and Heart Attack by the age of 37 years. He analysed and studied and drew the structure of our human body after having stolen 30 cadavers and skeletons of nearly a thousand, from the graveyard when new discoveries were not easily accepted but were meted out with torture and severe punishment from the all powerful, 'infallible' Roman Catholic Church. The great scientist Galileo was tortured and killed for sorcery when he first said that it is the earth that is going around the sun. He is one more of Shakespeare's valiant men 'who never tasted death but once' and lives eternally in the history. He died muttering to himself, 'It's the earth that is going around the sun.'

6. During 1568-1650 an English scientist William Harvey for the first time demonstrated the blood circulation in our body. He was so much wonder-struck that he could not contain it to himself that he stood in the market places and made demonstrations to the common people. Most did not believe it but ridiculed him. But he managed to convince the scientific world.

7. It is Antony Van Leuwen who demonstrated and proved that blood is running through the minute capillaries in the body.

8. In 1900, Gregor Mendel, an Italian monk became 'father of plant-genetics' by doing researches on sweet peas and Thomas Hunt Morgan did similar experiments on fruit flies. They declared that characters from one generation are passed on to the next generation through sex linkages.

9. In 1902, a German scientist, Walther Flemming identified human chromosomes and genes.

From 1925, scientists started linking diseases with genes.

From 1975, cancers were identified to have linkages with gene mutation.

10. We accept the great ancient Greek physician Hippocrates (460-370 B.C.) as the 'Father of modern medicine' and all the graduates of medicine in the world take the oath on his name, which is known as 'Hippocratic oath'. He has said 'Food is thy medicine and medicine is thy food' similar to our enlightened Siddhas.

b) Other Medical systems practised in various countries.

1. Homeopathy:

Samuel Hahnemann, a German allopathic physician, who could not agree with the allopathic Materia medica and the germ-theory, started a different medical system by name, 'Homeo-pathy'. He

proved that ‘Simila similibus curantur’ that is ‘a smaller dose of causative agent will also cure the symptoms. He has experimented all his claims on himself successfully for the world to follow. He established a system of treatment in which he used one single medicine at a time to cure a person suffering from many symptoms. So, a single dose of high potency, meaning the least amount of medicine was able to cure many related symptoms and that is the greatness of homeopathy. It is similar to the ‘vaccination principle’ which prevents rather than destroying the germs. It respects the healing power, the ‘vital essence’ of our body. This is how it is different from allopathy.

‘The moment Hahnemann’s discovery was given to the public journal of Goethe’s personal physician, Dr. Hufeland, the guild of apothecaries who each year press 100s of new medicines on doctors saw to it that Hahnemann was brought before a court, found guilty, forbidden to dispense medicines and compelled to leave the town.’ Yet truth cannot die that easily, and it has taken its own time to survive and flourish in all countries even today. It is a wonderful system which respects and let the body heal itself by its ‘vital essence.’

2. Tissue Salt Remedies.

Dr. Schussler is another German physician who established a concept that our body suffers diseases due to lack of one or more of 12 tissue salts. When that need is identified and provided, cure is possible. This system also respects body intelligence and its ‘vital essence’. He has written a book by name ‘12 Tissue-salt remedies’ which is quite admirable.

3. Acupuncture and Acupressure.

In China, Acupuncture and Acupressure were practised with great success. Many countries recognised them and adopted. ‘Bare-foot doctor’ system was successfully practised here.

IV. THE MARVELS OF HUMAN BODY - STRUCTURE AND FUNCTIONS.

The most magnificent human body could never be equated with any of human inventions at any point of time in future. Robots are robots, that is all their worth. And they need human brain to invent and operate them. Any amount of electro magnetic gadgets cannot become human at any cost. Human body is so much overflowing with life, intelligence and healing vital essence that it could be biospected which means imitated and never could be replaced.

The purpose of this book is that we must start admiring our body, though late, rather than never.

For the sake of convenience, the human body has been divided into many mandals or systems. The knowledge is ever growing more and more extensively both on macro and micro levels with the help of advanced technological gadgets. What I am writing is the bare minimum macro structure of the human body and its normal functioning in average health which all of us should

know in order to understand and appreciate our body, so that we will be able to maintain it better. Just like a car- owner should know a minimum about the functioning of it in order to maintain it or he may have to put it in the workshop frequently for every least problem just as we put ourselves in the hospitals for the least problem out of ignorance about our own marvellous body.

1.Skeletal system - the bones and the joints.

The skeleton gives a stature,shape and structure to the body.It grows with us with age.It's main purpose is to give a functional coverage to the important soft, inner organs of the body and provide movements in different directions and to some distance.Blood cells are formed within the bone-marrow of all the bones.

a)Cranium or the brain-box;

The cranium forms a unique covering to the softest organ in the body,the brain,the master organ.It is made of beautiful,soft,flat or rather curved bones.The joints in between are of zig-zag grip without any gap and any movement in between them,forming a closed box growing as the brain grows with age.The whole box is seated on a bone called atlas in such a way as to turn on a pivot around 180.*

In the cranium, there is a hollow cave wherein the eye balls are seated snugly attached by muscles which let the eye balls alone rotate 360*. There is a triangular projection in front which gives shape and support to the nose. The upper jaw, the maxilla has sockets for teeth in which are well-seated within, without any external movement.The lower jaw,the mandible is attached to it by a locking joint that hangs down well-fitting.The lower jaw also has sockets for a set of teeth.The arrangement of teeth in both the jaws is so wonderfully strong without any shaking till the age of about 60 years. The front teeth are useful for biting, tearing and the back ones for grinding the food with saliva.

In the back of head,the small brain and the medulla oblongata are protected. The fore-head forms the front covering of the brain and the part of brain behind this is called the frontal-brain. There are 2 frontal sinuses and below this are the 2 maxillary sinuses and behind on either side are the mastoid sinuses.The sinuses contain air within, which greatly reduce the weight of the cranium.The inner ears are well situated within a narrow trumpet like hollow passage.So all the 4 special senses,the eyes, the ears. the nose and the mouth are well protected with suitably curved bony structures.

b)The chest box;

The chest box is made of vertebral column behind, sternum in the front and 12 pairs of ribs on either side.

The vertebral column is made up of 32 small irregular similar bone pieces called the vertebrae which provide maximum mobility to the upper trunk of the body. They are called the cervical, the lumbar and the sacral spine. It is very flexible and strong at the same time, giving the best possible protection to the spinal cord, the bundle of nerves that leave the brain and the cranium. The spinal cord is the continuation nerve-bundle below the cranium. Each vertebra has an appropriate hole for the nerves to pass through. The very last bone is the sacrum which is triangular in shape and forms the back part of basin like pelvis which cradles very important soft organs of the lower abdomen. The vertebral column forms the back part of the upper trunk and the 12 pairs of ribs are attached to the sides of the upper box of which the front bone is the sternum, a sword-like bone. On either side are the 2 collar bones. This chestbox is meant to enclose very important heart in the middle with big blood vessels and the 2 lungs on either sides. The bones in this box are fitted with joints in such a way that the whole box can move a little on 3 sides accompanying the movements of the lungs as they expand and collapse. What a wonderful arrangement for breathing of which we are quite unaware.

To the vertebral column is attached to 2 flat triangular shoulder blades at the back, forming the back part of the box. On either side of the shoulder joint are attached the humerus, the long bones of the upper arms. Between them are the ball and socket joints that provide the maximum mobility to the arms 360*.

The long bones.

Similarly the longest thigh bones are attached to the pelvis in hip joint by ball and socket joints to the pelvic bone providing 360* of mobility to the legs at hips joints..

The elbow and the knee joints are similar hinge joints with restricted movements of 90* so that only extension and flexion are possible but are more stable.

The wrist and the ankle joints are similar with a few irregularly shaped bones, permitting rotation of 360* at the wrist and only a limited movement at the ankle joint where stability is more needed.

The short bones of the hands and feet are similar, well-joined by strong tendons but with limited movements and more stability.

The small bones in the arch of the foot:

Many small bones are in the foot. 'The arch of the foot' is an architectural marvel, with a slight caving of the sole, enabling human beings to run fast even only on two legs with an erect spine.

The four-legged 'animal' of the previous step of evolution has become two-legged 'human'.

It is better to be moving frequently all the joints to the maximum, otherwise unhealthy rigidity may set in. The yogic exercises are designed for this purpose.

2. The muscular system. The Muscles and Tendons.

The muscular system covers over the entire bony structures of the body big and small. It provides a protection as well as beauty to the body. Innumerable muscles are there in the body and each one is properly named. It is the muscles joined to bones with strong tendons that enable the joints to move. The biggest muscles cover the big bones of the shoulders and the buttocks and the smaller ones, cover the smaller bones. A layer of fat is over the muscles and over and above is the skin-coverage.

Strong tendons are fixing two bones of a joint in such a way as to permit movements and at the same time an unmatched stability.

In the abdomen, all the internal structures like the stomach, the small and the big bowels and the renal system and in the female, the reproductive system all are floating in the abdominal fluid fixed by very strong tendons in a particular arranged way. There is no bony coverage in the front.

Between the chest box and this abdomen without any bony coverage is the dome-shaped diaphragm which moves below to give some more room for the chest case to expand in order to give more room for the lungs to expand. Such an abdominal breathing is good for more aeration. Since the front part of the abdomen has no bony coverage, it is but covered with strong abdominal muscles of 3 layers, so that the uterus could grow big during pregnancy. Now this has become a convenient arrangement for the stomach and bowels to expand to form a pot-belly in both sexes.

3. Heart and the blood circulation.

Our heart is about the size of our hand well protected within the rib cage. It is a thick muscular pump, containing 4 chambers the two upper ones are the auricles and the lower, stronger ones are called the ventricles. Between them are the passages guarded by tricuspid on the right and the bicuspid valves which prevent back flow of blood. There is an automatic pace-maker in the wall of right atrium which makes the heart pump at a never failing rhythm of about 60 times per minute. The heart muscles are also voluntarily working at nobody's command, pumping blood from the

time of birth till death. The left bottom chamber is called the ventricle and from here the blood vessel the big aorta takes its origin.

Blood circulation:

Blood circulation are of 2 types. One is the general circulation and the 2nd. Is heart-lung circulation.

General circulation:

Blood circulation from the top of the head to the tip of the toes is a great marvel of our intelligent body. In general circulation, The grand Aorta divides into two, one to go upwards to the upper trunk and the other downwards to the lower trunk in order to supply blood from the top of head to the tip of the toes. They in turn divide into many small arteries to supply oxygenated blood to all different organs in the body. They in turn divide into minute capillaries and supply blood to each individual cells, 3 trillion of them. It is comparable to the root system of a tree.

Heart-lung circulation:

There is a special circulation of blood between the heart and the lungs which carries blood to and fro between them, for the de-oxygenated blood from the heart to be oxygenated in the lungs and after oxygenation back to the heart to be pumped into general circulation.

Functions of the blood;

The main functions of blood circulation is to take oxygen and food supply to each of the trillions of cells of each organ. Which ever part of the body, does not receive this supply, it dies. If it does not reach the minute heart capillaries, the heart muscles die of starvation and it is called the 'ischaemia'.

Another function of the blood-circulation is the maintenance of the temperature of the body constantly at 98°F. That's why the body becomes chill after death. Stiffness of muscles also sets in.

4. The Blood.

The blood comprises of a liquid and a solid component. The liquid is named as serum and the solid cells are the red blood corpuscles, white blood cells, the platelets and fibrin all float in it. The blood is formed in the bone marrow and spleen. The element iron and protein globulin are needed for the formation of red blood cells. The living time for cells is definite and the red blood cells RBCs die at the end of 110 days and new cells are formed for replenishing the older ones. So also the white blood cells, the WBCs have a limited life.

The blood is kept liquid by the presence of certain living chemicals so that it could be circulated easily without friction.

Coagulation of blood:

When any small injury to any one of the arteries happens, the very first reaction of the elastic tissue in the blood vessel is to shrink in order to minimize bleeding and the next great event is that the blood gets coagulated which means the liquid blood becomes solid in order to arrest bleeding. What a wonder is happening in our body which no scientist is capable of replication. The purpose of blood 6 litres being in circulation in the body during every living minute is to supply oxygen and nutrients to the entire body. When the heart pumps blood, it is carried on as a wave in the form of a 'pulse' which could be felt all over the body. The stopping of this pulsation means stopping of heart pumping which means death.

It is still an un-imitable phenomenon how blood clots immediately after injury. Fibrin, Thromboplasts and platelets are floating in the blood. After injury a chemical re-action takes place and a solid blood-clot is formed, the thromboplasts getting caught among the net of fibrin and bleeding is arrested.

V. THE BREATHING SYSTEM.

The breathing system starts from the nose. It consists of two lungs with two lobes on the left and three on the right well protected within the rib cage above and the heart which is in the middle. The bronchus, the main breathing pipe opens in the throat and runs parallel to the eating pipe behind it. It could be felt along the throat as soft rings of bones all linked by soft mucous membrane. It divides into two bronchioles each reaching the lungs on both sides. The bronchioles divide into smaller tubes and then into minute tubules, ramifying the entire lungs. This again is similar to the root system of a tree. Each tubule is linked to an alveoli, the air-sac. Each alveoli is supplied by a minute capillary and an exchange of gases between oxygen and carbon dioxide takes place which is vital for life. All they need is a very small amount of oxygen in the air we breathe. We breathe through the nose and this process is going on unaware from birth till the death.

The rib cage moves on all sides in and out as the lungs expand and deflate itself on its own without any order from anybody about which we are totally unaware of what is happening within us. One more marvel of our body. Our Siddhas knew a wonderful way to exercise control over their breathing system by tremendous yogic practices. The yogic practices maintain a healthy flexibility of all the joints in the body and the pranamayas maintain a healthy breathing mechanism.

VI. THE DIGESTIVE SYSTEM.

Our digestive system is a veritable industry beginning in the mouth where we put food and ends in the anus through which the waste materials are thrown out. The whole inside of this long

tubal system is covered with a mucous membrane of very soft and slimy nature so that food slides down without any friction. The last terminus, the anus has a purse-string like closing arrangement, opening at will and closing is automatic. But the mouth is more freely opening during speaking, eating, breathing and yawning etc. It also could be kept shut at will.

a) The mouth:

The mouth is closed by two lips the upper and the lower being able to open and close at will. Except for these two openings at the beginning and at the end, there are no other opening at all, keeping the system air-tight. Nothing else except the food and water that we put in can get in and only the waste can get out! Very tight security control after all.

The mouth contains a set of teeth 18 temporary to begin with at the age of 2 years and after the childhood, 32 of permanent ones grow which also fall out around the age of sixty. They are of three types, the incisors for biting, the canine for tearing and the pre molars and the molars for grinding the food.

There are a few salivary glands in the mouth which secrete a juice containing an enzyme called ptyalin which is anti microbial, first line of protection for the body and also digestion of starch begins in the mouth. So much so if you put some starchy food and chew well, you get a sweet taste.

In the mouth, the tongue is attached which is a purely muscular organ without any bone, freely mobile on all directions. It is of about 8 inches long. It helps in speaking and mixing food with saliva. At the tip in 3 inches the taste buds are situated which notoriously rule the entire body of 6 or more feet tall.

Towards the interior of the mouth are two tonsils on either side of the throat which are meant for immunity. In the middle are the two vocal cords on vibration of which, sound is produced.

b) The eating pipe, the oesophagus:

The eating pipe is called the oesophagus, begins in the throat behind the breathing pipe and the breathing pipe has a movable lid, the epiglottis which closes the breathing pipe whenever food is swallowed. When at times this mechanism fails by any chance at any time, it manages to be thrown out, otherwise death is imminent. This pipe pierces a tent like muscular structure called the diaphragm to get entry into the abdomen which has some fluid in it called the abdominal fluid.

c) The stomach:

The eating pipe ends in the 'J' shaped stomach which is a strong muscular bag which is made of 3 types of muscles, the long, the short and the oblique for providing maximum strength to the

stomach wall. It works exactly like a mixy jar where dilute hydrochloric acid and some digestive juice are being secreted. It slightly rotates and grinds the food which gets into it.

d) The duodenum and the small intestine:

The stomach ends in the 'C'-shaped duodenum, the beginning of small intestine wherein opens digestive secretion, the bile from the gall bladder. The duodenum is followed by the small intestines about 30 feet long, differentiating into ileum and jejunum. The jejunum contains microvilli millions in them which increases its area of absorption to many more thousands of times, as if spreading a huge carpet which greatly augments the capacity to absorb the nutrients from the digested food which is their main function. That is the intelligence of our body. Here live millions of life-saving bacteria as well as secretion of intrinsic factor, folic acid and digestive juices called trypsin and enterin which help in digestion of proteins in the food.

e) The large intestine, the rectum and the anus:

The small intestine is followed by the large intestine which is folded into the ascending, transverse and the descending colons for space economy, where only the absorption of water alone takes place and excreta is formed. The small intestine is folded many times, snugly sitting within the space of the large bowels.

The rectum is the last part of the gut wherein the waste materials are kept collecting till it is let out through the anus. The anus closes as a purse-string elastic type, automatically closing, once the waste is out. It opens only at will, except when disturbed by some infections like diarrhoea and irritable bowel syndrome. The total length of the digestive system may be about 50 feet in length and the area of operation must be many Kms.

All these organs are within the abdomen, below the diaphragm which is the partition between the chest where heart and the lungs are placed and the abdomen where other organs like the renal and reproductive female organs are well placed and held in place by strong ligaments in good shape without dropping down. In case of pregnancy and obesity, all these organs slide down because of their weight, the abdominal muscles lose their original tension and allows a pot belly to be formed.

f) Additional organs for digestion:

1. The Liver:

There are some additional organs for digestion and the most important is the liver which is situated on the right side of the stomach below the diaphragm. It is made of very very soft tissue. Its main function is maintenance of glucose bank. The excessive glucose is converted to glycogen

and it is converted to glucose whenever needed. It is an organ for detoxification of toxins from the body. Below this, the gall bladder is situated.

2. The gall bladder:

The gall bladder is a small bag that secretes bile which is essential for the digestion of fat in our food. It pours its secretion, the bile into the duodenum.

3. The Spleen:

The spleen is on the left side of the stomach. Its main function is producing blood cells.

g) The Anus:

The anus works under voluntary control. The bowel movements start from stomach towards the anus which move the contents of the small and large intestines towards the anus without which the functions of the digestive industry is not complete for the waste materials must be thrown out without which the body cannot function normally and healthy.

7a. Reproductive system of the female:

The human reproductive system is the most highly advanced in the whole of evolution. That of a woman is more advanced than that of a man with more intricacies. The whole system is placed within the lower abdomen well protected within the pelvis which is like a basin. It consists of a uterus, a strong muscular bag in the centre with two Fallopian tubes on either side, opening out as a funnel, guarded by fimbriae, some finger-like mobile structures, moving like algae in water. The two ovaries are on either side attached by ligaments to the tubes. The lower end of uterus opens out as the cervix which leads into the vagina, the opening to the outside.

1. Fertilization and pregnancy:

The ovaries are one of the seven endocrine glands. They secrete female hormones, the oestrogen and the progesterone stimulated by the pituitary gland around the age of 14 when puberty is reached. Stimulated by the female hormones, the uterus grows and matures and menstrual blood flow occurs. In between two such monthly bleeding periods the ovaries release an ovum which is mature. This is termed 'ovulation'. The ovum will be wandering in the abdominal cavity in the fluid and dies off after a few days. It is picked up by the mobile fimbriae and is taken into the uterus where it gets destroyed unless conception takes place.

If sperms are ready, deposited in the vagina, they swim in through the cervix into the uterus. They travel to the Fallopian tubes. The mature ovum gets picked up by the finger like movements of the fimbriae into the fallopian tube. It is here the ovum and the spermatozoon meet and 'fertilization' takes place. The fertilized ovum is called the 'zygote' and it makes its movement

into the uterus which offers a soft bed for the zygote. The zygote buries itself within the wall of the uterus where it grows till term that is 9 months and 7 days. If a growing embryo for any reason gets thrown out of uterus, it is called 'abortion' and 'pre mature delivery' if nearing 36 weeks. At right term the uterus, stimulated by pituitary hormones, the uterus contracts at regular intervals, the cervix gets dilated to its maximum capacity and the child tries best to come out by its head, if everything is favourable. This is called the 'normal delivery.'

2. Menopause:

By the age of 55- 60 years, the female hormones stop secreting and the menstrual cycles stop and it is called the 'menopause.' and no more production of ovum and the woman is free from monthly menstrual bleeding and conception hereafter.

7 b) *The male reproductive system:*

The entire male reproductive organs are outside the abdomen, for the sperms cannot sustain the temperature within the abdomen. This is the wisdom in evolution for all the mammals.

There are 2 testicles, which are the male sex glands and they are placed in loose skin bags, the scrotal sacs. The testicles secrete the male hormone androgen and also produce the spermatozoa. Two testicular tubes start here to reach the penis where they open. There is a gland by name prostate which also secretes its liquid. There is another gland by name seminal vesicles, which also secretes a different liquid. All are poured into the urethra, forming the semen which gets ejaculated through the penis at will. This semen contains thousands of sperms which have a small head and a tail and thereby mobility also. They are alive for about 48 hours under favourable situations. The hormone and semen-production may continue till the age of 70 years in a healthy man.

8. *The Ductless Glands.*

These glands pour their secretion directly into the blood without ducts and hence they got this name. They are 7 in number. They work in a very complex, harmonious coordination determining the growth and sexual maturity of both male and female which is a glorious manifestation of our human body. One gland's timely secretion influences the other to secrete only on specific times.

Thomas Edison the scientist who spent his lifetime in research must be remembered in unraveling some of the marvels of our body's ductless glands. There are 7 endocrine glands.

- I. The Pineal Body is of a very small size like a pea situated under the brain.
- II. The Hypothalamus is situated under the thalamus of the brain.

III The Pituitary gland is the master gland secreting 7 hormones which co-ordinate all the other glands in the body.

IV.The Thyroid glands:

The Thyroid glands are situated in the throat seated over the vocal box.It is of two halves linked in the middle.Normally it is not seen .But when it grows big as goitre, it is obviously seen.It produces a very important hormone named the 'thyroxin.'When it is secreted more than average, this condition is called 'hyperthyroidism' and when it secretes less,this condition is called'hypothyroidism'. Under both the situations, it swells big and it is called 'goitre.' Less or more of thyroxin can be caused by less or more iodine in the blood.That is why iodine is added to the table salt.But unfortunately it is not in the available form for body to use.Only iodine from plants mostly from sea algae are acceptable,available with un-processed sea salt.

V.The Parathyroids are 4 in number,situated over the thyroids. They secrete calcitonin which regulates calcium and phosphorus intake and use.Adequate calcium is needed for it's functioning.

VI.Adrenals or suprarenal glands.They are 2 in number seated on the 2 kidneys as caps.They secrete Adrenaline,more during emergeny,increasing the blood pressure in the body.

VII.The male and female sex glands. already explained.

9.The Renal System or the Excretory System.

There are 2 kidneys on either side in the abdomen.Two renal tubes start from here to reach the urinary bladder, a muscular bag for collection of urine,from where urethra starts and ends in vagina in the female and in the penis in the male which excrete the urine out.The kidneys contain a lot of minute urinary tubules which function as minute filters,filtering blood of all the impurities, the salts and drugs etc.forming urine with water.During cold seasons,these work more and in summer,skin works more co-ordinating with each other these manage excretion of waste water reasonably.This is one more expression of our body's intelligence.

10.The Five Senses of the body-The skin,mouth,eyes,nose and the ears:

a)The skin:

The skin is the most vast organ of the body,covering the entire body surface.It offers an immense protection to the external body surface as a huge carpet. The skin is consisted of 2 layers, the epidermis, the outer and the dermis, the inner layer. From the outer layer, the older cells get discarded by a process called 'keratolysis'.The dermis contains millions of sebaceous(oil)glands which keep the moisture of the body surface. The enormous number of nerve endings make us feel the warmth,coldness,the roughness and smoothness of what is touched by the skin, closing the

eyes. The endless number of fine hairs increase the sensitivity and protection. Growing hairs in specific places are significant expressions of sex character. The melanocytes produce the dark pigments called the melanin which give dark colour to the skin. The people in warm countries possess more of these and get protection from sun's harmful rays and people in the cold places suffer lack of these and also protection from the sun-rays. There is a very fine and uniformly thin layer of hypodermal fat under the skin which provides a warm blanket covering for the body.

Nothing is left unprovided by the intelligence of our body.

.b) The mouth. The mouth has been described earlier.

c) The eyes:

The two eyes are well protected within the bony sockets. The eye-lashes and the eye-lids with fine hair, protect dust from falling into the eyes. The lacrimal glands secrete the liquid that washes the eyes and drain into the lacrimal sac and then into the nose whenever needed. In the underside of the eye-lids minute blood capillaries that run indicate the status of blood circulation. In anaemia, they are pale and if blood is of good quality, they are red lines. In jaundice the eye lids become yellow as well as the finger and toe nails also. The eye balls are of globular shape with liquid within, under certain pressure maintaining its shape always. The eyes consist of fine transparent cornea through which the light rays from the object, enter through the pupa and fall on the retina where images are made and transferred to the brain through the optic nerve. We get the pictures in original colours which we can retrieve at any time we wish. We have made cameras, our eyes copied.

One more marvel in sight.

d) The Nose:

The nose changes the look of the face. It is long and pointed for people of the cold countries and short and wide for people of warm countries. It helps us to smell the externals with the countless number of sensitive nerve endings. Within the nose is a fine coating of sticky mucous membrane and fine hairs all for filtering and protection.

The familial hereditary characters are well expressed by the noses. This is one more marvel of the body.

e) The ears:

The ears are divided into an external, middle and inner parts. The tympanum divides into the middle and the inner parts. Within the inner ear are the snail shaped cochlea, the auricular nerve etc. The sound waves from outside fall on the tympanum and the waves are conducted to the brain

through the auricular nerve and the brain interprets it and can be retrieved at will at anytime. A sticky wax at the external ear prevents intrusions.

11. THE BRAIN AND THE NERVES.

Our adult brain is about 300 grams in weight and yet, it is the grand master of the whole body. It contains billions of neurons and trillions of inter-neurons. Every year after 40s we lose about 1 lakh of them and that is the reason for less memory. The brain is well-protected within the bony box, the cranium. The part of the brain behind the forehead and the top of the head is called the big brain, or the cerebrum and consists of 2 hemi-spheres, which is considered the seat of wisdom and knowledge. It has a lot of uneven gyri on its surface. All that it contains are endless number of nerve origins and synapses of electrical linkages. Next to it is the small brain, the cerebellum and then is placed the medulla oblongata where the bundle of nerves cross with each other and come to the opposite half of the body. Then follows the spinal cord well protected within a chain of bones called the vertebral column. So the brain is the main switch board and the nerves are the complex of nerves emerging out of it which connect the entire body from the top of the head to the tips of toes. The whole complex is called 'The voluntary nervous system'. It works as the brain is the master giving commands to the whole body.

All the centres in the brain for every function such as speech, cough, memory are mapped out by electro-magnetic gadgets for deeper studies. Any single one of them could be stimulated for studies.

There is another 'involuntary system' and sympathetic and parasympathetic systems which are formed by ganglions. The uterus and the pupa in the eyes and the other involuntary muscles function according to these.

In any case it is our brain that has created the computers and the robots and is needed for their continuous operations.

12. The Immune System.

The immune system protects the body from various external intruders, the so-called 'germs'. The spleen produces the different white blood cells at times of intrusion by different germs. The lymphatic system is a protective mechanism and the lymph glands are attacked at the beginning of invasion of germs and in cancers they get swollen towards the end. The tonsils are on either side in the throat which function as a defensive agent. In each cell there is an unseen vital essence which labours as the first line of protection for the body.

Our body has its own protective system of defence built within it and that is its magnificence.

13.The Single Cell.

The cell structure is similar to that of the most primitive single celled animal, the Amoeba and functions also the same way. There are trillion cells in the body. Millions of similar cells form one type of tissue for example the muscles, the bones and the brain etc. Many types of tissues form an organ and many organs form this body.

Each cell has a definite structure of its own. It is limited within two layers of cell wall. The liquid contained, is the cell sap and it contains 75% water and all the nutrients such as glucose, the vitamins and minerals. So all the five elements of nature are here. In the protoplasm, float the mitochondria, the organelles and is made of R.N.A.. The centrally placed nucleus is made of D.N.A. wherein are situated the 46 chromosomes and they contain millions of genes. It is these which transfer the hereditary characters from one generation to the next. A single vegetative cell is capable of dividing that is undergoing 'mitosis' 14 times before dying. So, constantly there is going on a process of growth, division, death and regeneration of cells. The cells work in an extremely marvellous order and uniqueness that cannot be compared with anything else in the world.

The female and male sex cells have only half the number of chromosomes than the vegetative cells that is 23 chromosomes XX in the female and XY in the male. Their cell division, 'meiosis' is unique and is also called the 'Reduction division' which maintains the number of chromosomes are halved and maintained constantly. The chromosomal materials of the two parental cells get mingled during the fertilization and cross over which is a very important phenomenon in the human life which determines the characters of the new life in the next generation.

Each cell is the centre of vital energy that is capable of healing itself.

A cell is the total summing up of human body intelligence which is not yet fully unravelled by man.

V. DISEASES.

a) What are diseases?

Diseases are those processes that put the body and mind at difficulty and not at ease, causing disturbances of its normal functions such as digestion, growth, reproduction, thinking, working and sleeping. They produce some specific signs and symptoms and may cause pain and swelling in the affected parts of the body. They may form abnormal growths called 'tumours' benign (good) or malignant (bad). Temporary disturbances are called 'simple ailments.' If serious, may be 'acute' causing severe symptoms. If they continue to become prolonged, they are called 'chronic'. If they are relieved or subside on their own, they are called, 'spontaneous healing'. Those which help in

curing are termed 'remedies' which may be natural, Herbal or chemical. Interventions could be 'natural', 'medical' or 'surgical'.

When some problems arise in the mind and are exhibited in the body, they are termed 'psycho-somatic'. When there is no obvious reason they may be 'allergies' caused by some external factors such as pollen, animal hair, dust and dust-mites.

Some pathogens like the viruses, bacteria and some uni-cellular organisms like the amoeba histolytica and plasmodium as in malaria cause diseases which are called 'infections' or 'sepsis.'. They are spread from one person to another through direct touch or through drinking water, food and air or some small insect carriers which are called 'vectors' such as the mosquitoes and flies. Such infective diseases are called 'communicable' diseases like poliomyelitis, cholera, diphtheria, whooping cough, tetanus, tuberculosis and plague. They were rampant during 18th. Century in all the countries.. But they were brought under control through better nutrition, hygiene, anti-biotic treatment, immunisation and more hospital and public health provisions and control of insect vectors by wide use of insecticides.

Recently diseases whose origin are not from outside the body but from inside the body itself are increasing in numbers. Some are 'curable' and some are 'incurable' like the cancers.

We are owners of such a wonderfully designed body which functions on its body intelligence that we are not even aware of it, unless until it gets disturbed by our unintelligent, careless mismanagement of opting unimportant and harmful things for the wonderful functioning of our body which is gradually pushed into non functioning which we name as 'failures', such as heart failure, 'liver failure' and 'renal failure' etc. What we call as 'dis-eases' are only some indicators that something has gone wrong seriously. We become aware of our body only when the body functionings are severely affected. Owning a vehicle or an electro-magnetic gadget and if we do not know its maintenance, we have to put it to the care of a mechanic and obey all his suggestions whether correct or incorrect even though at times we realise that he is suggesting undue and unnecessary repairs and replacement of parts in order to charge us more, for his advantage. The same thing happens to our body.

Owning such a wonderful body and yet being ignorant about it pushes us to take it to doctors of specialisation, put us in the hospitals for medical and surgical interventions at whatever the cost may be. Thus we become 'doctor-dependent' and 'medicine dependent', mostly allopathic these days. Even elderly people at the dying stage, now prefer to be put in the hospitals, in intensive care units in order to prolong life a little longer even at the cost of all their assets. But death is the most assured end when a life is born on this earth and only death gives the freedom from bondage in order to reach a higher realm.



If we care to know how we make our body an abode of diseases gradually, we can also prevent it from becoming so and even after getting under disease, we can still save ourselves from the clutches of octopusses that are ready to suck us by their numerous suckers, squeeze us by their many strong tentacles to kill and devour us.

I.HOW WE MAKE OUR HUMAN BODY AN ABODE OF DISEASES.

a) Human body and ageing process:

Such a marvellous physical body means different things to different people at different ages. For a new-born child, it is something new when he or she has come out of the prison of mother's womb. His whole endeavour is to explore it through all his external senses, putting everything in the mouth mostly.

For a youth, the hormones pouring into his or her blood stream at the right age makes him or her very energetic and exhilarating. The secondary sexual characters develop and they enter into a different world altogether, which they did not experience so far and they start making decisions about their own bodies which are of great importance for their whole life. They develop their own life-style and new mannerisms and they expect to be regarded as adults.

For an adult, when starting a new life in a separate family with a complementary sex partner, it is again a wonderful new experience and both together make a special life of their own. There are some with a yogic bend of mind, who explore a solitary life of their own.

From middle age, life becomes quite different, revealing the results of their past life of how they have lived so far. It is an ugly truth for some, revealing that they have gone wrong somewhere in the past regarding the care of their material body and some chronic diseases manifest themselves.

As old age approaches, diseases become confirmed, the sex hormones dwindle, energy is less and insecurity and lonely feelings and the added fear of death, make matters worse. 'Is this life?' is the frequently repeated lament that we hear. Gone away from simple natural life, it has become a life with various diseases which the body expresses as warning signals. It is becoming rare to see really satisfied, happy and contented elderly people who are growing younger playing with their grand children and are out to help others seeking spiritual growth and self-realisation waiting to become united to nature. These are the people who have lived a healthful life all through.

I am dealing with only the so called 'Dis-eases' to the body, leaving out the most important mental, spiritual and social dimensions without which the human body has no special value. It is equal to the animal body of all the other living beings, existing in the universe. But man's place in the

universe is unique. Since most of us have to learn about the lost health of the body, I am taking the venture of delving into the simplest physical body and the sufferings it undergoes because of common diseases.

b) The Causes of Disease:

1 The genetic factors:

Chromosomal aberrations cause diseases. The diseases caused by chromosomal aberrations are called chromosomal disorders. They are hereditary.

During sexual reproduction, the female cell, ovum containing XX chromosomes 23 in number and the male cell, spermatozoon containing XY chromosomes 23 in number come together, their cell contents get mingled with each other. The chromosomes cross with each other and then they divide into half. At this very important juncture during when they divide and the genes are transferred, various re-combinations take place. Instead of a clear division, some have the tendency for a part to stick which cause different genes transfer which determines the characters of the new living being. Variations occur and the characteristics differ from the originals which are expressed as physical, mental and behavioural abnormalities. Such variations are beyond numbering. Many such variations have been deeply studied by scientists of many countries and these are named after them such as the 'Down syndrome'. These children are called 'special' children.

This is exactly what Ms. Rachel Carson warned as threat to our progeny and 'deterioration' of our genetic material which are caused by the 'devils of our own creation' which we do not realise as yet. The expressions of such children are anything but normal in their physique, mind, brain and behaviour. All sorts of handicaps grow with these children. They are very different from the so-called normal children. Various degrees of dependency are exhibited. Autism, mental retardation, inability to speak, hear, eat, walk are the most common afflictions. These children need 'special' trainings in 'special' institutions and our government tries to provide as much and yet much inadequate. Taking this situation as business-opportunity, many private institutions exploit the already 'stamped' children in the society.

All is not bleak and there are some golden linings amidst dark clouds that they manage to live an almost normal life and grow to be geniuses in some fields like music, acting, arts and sports with dedicated efforts of some good parents who spend all their life for their children.

Gene-mutations occur when exposed to various poisonous chemicals and rays like X-rays, UV-rays and atomic rays and even wastes. They cause chromosomal disorders.

2. The Environmental Factors:

a)The Air Pollution Causes Diseases:

We have made a lot of harmful changes in the environment we live in. Fresh clean air, water, akash and soil are very rare now. We have dumped very poisonous chemicals around ourselves and we complain of disease which are caused by them.

Human population is growing through leaps and bounds. The forests are the lungs for breathing of all the living beings on the earth and these are getting lesser and lesser in all the countries. The air we breath here gets polluted by the gas release from the increasing number of vehicles and industries all over the world..The forest fires in Australia and burning of agricultural wastes in all different parts of our country affect the air everywhere. Cyclones, starting in one country, reach other countries with due vehemence. Air pollution is a very important factor that causes respiratory diseases.

The worst and preventable but unprevented gas leakage tragedy which has caused havoc to millions, is the Bhopal's Methyl iso cyanide gas leakage from Union carbide India Ltd. occurred in India in 1984, December 4th. 5,58,125, people, 2,000 cattle and innumerable trees have died. Still 1,50,000 people are suffering its cruelty by permanent handicaps such as respiratory diseases, blindness, mental retardation and many more physical handicaps. The environmental harms to soil and underground water are not yet completely addressed. The place of tragedy is a desert now, devoid of any living beings, with heaps of broken machineries of the pesticide company themselves continue to be sources of poisonous environmental degradation. The government has set up a huge multi-special hospital using smart cards for patients. Whatever may be, the environmental havoc is immense and no amount of compensation to the victims is of any value.

b) Water pollution causes diseases:

Sea-water pollutions:

All the seas are getting non-degradable plastics, industrial wastes and oil pollutants from all different parts of the world. All the rivers are the channels of transport of polluting materials from all the corners of the world. All the sea-livings are poisoned with pesticides and all the various chemicals from the interiors. Frequently fish die and float so much that their disposal becomes a big problem. The beaked whales are killed by the sonar sound waves that are emitted from the ships in order to detect the intruding submarines. 80% of seals and dolphins are found to contain non-degradable plastics in their guts. Man being the last chain in the food chain gets and accumulates most of the poisons in his body and even his next generation gets affected by it through

chromosomal aberrations. When he consumes sea-food, the poisons get 'bio-magnified' more than a thousand times which cause many diseases.

Drinking-water pollutions:

Drinking water gets polluted all along the way from its sources to our drinking pots. The metropolitan and municipality water supplies are polluted wilfully with chlorine, thinking it is good. Drinking water has been commercialised recently which are also not free from pollution.

c) Soil pollution causes diseases.

The soil gets polluted by the local, specific chemicals used in agriculture and public health departments and also through rivers running across different states within the same country and the coastal areas from the seas.

For the growing population, the living space is getting dwindled. Urbanisation, has beaten up the rural areas to the detriment of all of us. Too much of close living increases the warmth and spread of chemical wastes and any epidemics by the pathogens. The solid and liquid-waste management become more and more complicated and harmful equating the density of population. The under ground water is getting depleted and polluted with pesticides and various other chemicals beyond any calculations and imagination. The crop produced on soil polluted by pesticides cause poisoning of our food and potable and usable water and even the under currents of water streams. 'Agriculture is the roof of culture of every country' says the grand old Japanese scientist Masanoba Fuccaco. Once this roof collapses, every thing collapses.

3. Our Life -Style Causes Disease:

a) Over population and congestion cause diseases:

Now, we have chosen a life-style, as to go away far from nature. Up to the latter half of the 19th. Century, people took it a pride and prestige to follow their traditional professions and people proudly attached to their names to what community they belong. Now this culture is slowly fading away. More money-making businesses and employments and white collar jobs are given preferences. Studies and employment opportunity seeking in other countries is growing. This uniformly conscious attitude of people leads to a one way migration to cities and foreign countries. Cities are expanding geographically and politically in order to accommodate more and more population. More thick the population in a city, the gap between the 'haves' and 'have -nots' widens. The cost of living escalates, the crime-rate increases automatically, and more of cyber crimes, human trafficking and all sorts of violence and cruelties threaten people. People live in pigeon holes of high complexes with all the strained conveniences of life. Most live without even

the basic necessities in life. The food productive lands are converted to concrete jungles. The availability of per capita area of physical space, food, water and air is getting less and less. In spite of and may be because of such low economic and hygienic situations, surely the population grows enormously and thus the vicious cycle is perpetuated.

b) Abnormal working conditions where we are cut away from ordinary air, and temperature the air-conditioning of buildings and the tension that build up in work-situations cause diseases. The skin is not allowed to aerate, breathe and eliminate which causes accumulation of toxins in the body which causes diseases.

c) Unsatisfied sex, love relationships cause diseases.

Unsatisfied sex, love relationships, a feeling of failure in life causes psycho-somatic problems which cause diseases. Stressing up of mostly women in work situations is the present increasing cause of diseases.

d) Pesticides within the houses:

Wilfully we bring inside our houses and habitually use a lot of harmful chemicals in bottles in various forms of floor-washing, clothes and dish washing solutions and pesticides in order some small insects like the cockroaches, ants and termites are kept under control. The mosquito-repellents also are pesticides. They chase away the mosquitoes but we remain with them for an undisturbed sleep all throughout the nights.

e) *Noise Pollution:*

Noise -pollution can cause hearing problems, tensions and lack of concentration and success in our serious works. Migraine is a definite outcome of loud and long time noise-pollution.

4. The Food We Eat Causes Diseases:

Our marvellous body is capable of living healthy and function wonderfully well, if left it to its own body intelligence and healing power. It needs a simple, easily digestible 'live' food mainly fluids. Our body contains 75% of water in each of its trillion cells. Unfortunately, now we are not providing it's needs for nature foods, but we overfeed it with unnecessary, unhealthy, cooked, commercial, concentrated, junk food for hunger and taste-satisfaction to have a sense of filling. Undigested or partly digested food causes accumulation of waste from the very food that we eat. Now we have lost intuition that nature had given us and also we go against the stringent laws of nature and thereby we have lost the benefits of our natural healing power. Regarding food, we are guided by wrong values in a world of attractive advertisements which are detrimental to good health. For many centuries, we have been cooking food and killing their nutritive values. Our body

is not able to cope up with such a drastic change which causes the accumulation of 'toxins' because of it. It is this accumulation of 'toxins' which is termed for the first time as 'Toxaemia' by the food scientist Dr Tridhan, M.D.

'Toxaemia' is the root cause of all chronic, incurable diseases and diseases due to chromosomal aberrations. The cause is one and the diseases are many, the list of which is ever growing according to the gigantically ever growing modern medical sciences which is guiding the whole world. We are like the blind, following a very powerful, yet unavoidably evil guide.

Such a situation reminds me of Subramania Bharathiar's poem which has diagnosed correctly by observing the people around him and said:

Ennila noyudaiar -ivar	These people become subject to innumerable diseases,
Ezhundu nadappatharkum valimai ilar	No strength to get up and walk,
Kannila kuzhandaigal pol pirar	Like blind children
Pirar kattiya vazhiyil sendru maatti kolvar.	They get caught up in the way others show them.

Now we know a few causes of diseases which are inter twined with each other. No single cause can be blamed for any single disease, for the diseases are also inter-related, being part of the same body, just as obesity causes all other chronic diseases such as the chronic arthritis and all sorts of heart diseases. Constipation and persistent cough leads to other problems like hernia and prolapse of uterus.

VII. CHRONIC DISEASES.

1. Obesity . The secrets unravelled.

a) What is obesity?

Obesity is not a mysterious disease as some people imagine. It has been scientifically studied, analysed, experienced and explained by many naturopathic research institutions.

Today obesity is number one chronic disease on the world level. Itself is a slowly or quickly growing disease. Once established, is followed by serious consequences of causing all other chronic diseases of all the internal organs like all sorts of heart diseases, coronary arterial diseases, chronic arthritis, liver and renal diseases, infertility and the whole long list of all diseases. It is a mother-disease, begetting all the other chronic diseases is it's capacity and nature.

Obesity is not a sign of having plenty and it should not be so. It is a sign of lack of knowledge of our body structure and it's method of functioning and lack of a strong will power to eat the minimum required food for body's proper maintenance. It is an unhealthy accumulation of

unwanted toxins which without being eliminated, get accumulated as fat in the body which holds up salt and water and hence increases the body weight more than what is good to be.

Scientists have developed a formula for finding out how much weight a person of certain age and height should be. It is called the body mass index (BMI). For example:

The weight of the body in kilograms (kg) \div The height in meters $^2 \times 2 = 15$.

If it is above 25, it means over weight.

The camels carry fat in their humps for getting water whenever it is not available for drinking. It is its body intelligence to accumulate water in the fatty tissues of the hump. But obesity in man is an accumulation of fat all over the body. Fatty tissue holds salts and water with it. Arnold Ehret, the author of the book 'Mucus less diet healing' says that we are happy to see a plummy baby of 6 months old but actually 'it is an accumulation of toxic waste of milk!'

The camel has been provided with a hump to store fat which is of much use when camel needs water under scorching sun in the desert. I hope we have no such dire need under any of our ordinary circumstances which needs water to be drawn from fat.

When the fat content increases in our body more than average, $\frac{7}{8}$ of it gets accumulated as a uniform external application all over the body as a layer under the skin as 'hypodermic fat' which changes its original beautiful curves that we admire in our ancient paintings and sculptures. Moreover, it becomes lumps over the body parts which are not moved much, as the buttocks, the shoulders, the hips and over the abdomen as 'pot-belly'. There are some people who think that being fatty is good-looking and are interested to maintain it. We have to learn from the Japanese for no one has a pot belly in their country, which is quite remarkable. It is quite strange that most people have lost the sense of really good beautiful figures and have taken for granted that even obese-looking is beautiful. Maybe that obesity has become too common to hurt the eyes and it has been imprinted in our genes also. If so, it is a loss forever even up to the future generations.

More of serious concern is that the remaining $\frac{1}{8}^{\text{th}}$ of fat, gets applied all around our important internal organs such as the heart, lungs, the kidneys, the digestive organs and the female reproductive organs which hamper their proper functionings by constricting them and also applying undue direct pressure upon them. So much so, the digestive organs are not able to digest the regular food that we put into them. Exactly as we notice the white coating over the tongue in the mornings, the entire gut is coated with white, slimy mucus, which prevents the proper absorption of nutrients. A lot of fuel is wasted and still the waste from undigested food is not evacuated but gets accumulated and become toxic to the body. This is the beginning of dis-ease in our body. The diseases are

innumerable with which we are familiar now, thanks to the medical world. But the cause is only one and that is the 'accumulation' of wasteful toxins in the body and that is called the 'toxaemia.'

Thiru Valluvar being the greatest siddha physician says in Thiru Kural that man does not need any thing as medicine if only he manages to get this waste out of the body before more food is put into it.

A lot of researches have been done by the physicians that belong to 'Natural Science' in America and all the other countries which come to the same conclusion and we, each one of us must learn from ourselves from our own body which is highly intelligent and it reveals to us as signs and symptoms and will reveal to us only if we are attentive to it. The body will tell us that all it needs is simple food and liquids that is alive in our trillions of living cells and not the present day commercialised, concentrated, tasty but difficult to digest food where the accumulation of waste is more and fuel efficiency is minimum. The energy taken for digestion of it is much more than what is released out of it. It is equalent to throwing it into the ditch, after having bought for higher price for such a commercialised, attractive food or food cooked at home.

Our body will tell us that it needs an un-polluted environment, open air, sun light and pure drinking water and some energy must be spent everyday and not stored much.

b) What to do to reduce obesity?

1. Food for reducing weight.

What we should eat and what is good not to eat is a question that comes to our mind. Many physicians of all medical systems and research scholars of nutrition have written many books to answer these questions and have tried to provide some 'Diet -prescriptions' the commercial way. But very few have done according to Naturopathic principles. Rarely a few have written after having experienced themselves. I personally appreciate a few books which I have read and try to put to practise myself and which have made a change in my life. 'Fit for life' written by Harvey and Marilyn Diamond, 'Mucusless diet healing' by Arnold Ehret and 'Food body' by Sadhguru are the best among them. These are the back ups in my thinking and practising in my daily life which have helped to cure me of some chronic diseases of many years's sufferings.

In 'Fit for life' Dr. Harvey writes, ' Dr. David Reuben says to his fellow American citizens 'What is ready to kill you is not any deadly atom bomb from outside, but what you are going to eat on your plate at dinner tonight.'

So before we eat, we better ask every day whether it is going to help us to live healthy or die of some acute or chronic diseases in the long run.

‘We become what we eat’ is an acceptable statement by all.

In our culture, we have been eating goat's or cock's meat after offering to the respective deities and then shared by a community, once in a way in the villages and also during marriage festivals. Now that we have accepted foreign cultures where meat-eating is their daily habit for various reasons such as severely cold climate. Meat-production and advertisements to promote eating has been politicised, commercialized and economy of some countries has been collapsed because of it where excessive meat is produced more than what is eaten and which will never be eaten and yet is languishing in cold storages and eventually to be thrown out some day.

An American doctor Mendel Sahen writes; ‘The American population does know the differences between the breast milk and the cow's milk and the commercial milk formula foods. In 1980's in certain parts of America the paediatricians, the obstetricians and the pharmaceutical companies plotted together and advertised much that their commercial products are much more beneficial to the kids' health than the breast milk for they contain more proteins, vitamins, minerals and calcium etc. Some people have taken it for truth.

One such American has written; ‘Ever since my birth, I was fed on the branded milk products. I suffered many illnesses. I had endless problems with bones and joints. I was made to undergo several surgeries for corrections. My nerves were also weak.

As all the Americans do, I was introduced to meat-diet at a very early stage in life and suffered much because I was not able to digest meat diet properly. Until the age of 31, I did not know that there is some such food as ‘vegetarian.’ As soon as I came to know of it, I switched over to it and I am very happy for it.

My whole background is of ‘eating culture’. My father and mother are working in an international cuisine. Myself, worked in such a cuisine with a famous French cook. I have been brought up without knowing what is the basis of good health. I suffered lack of energy to work all my life. My life was immersed in sorrow, weakness and stress. Only after having attended ‘Fit for life’ seminar by Dr. Harvey and Marilyn Diamond I have come to know of an entirely different culture. Now I have found real happiness and health’.

What are the consequences of obesity?

A child's description of an obese is ‘A bald head, stooping hunch back, a pot belly and big buttocks.’

1. First of all, the external beauty with fine curves and smart bright look with a straight walk with bubbling health and good carrying posture according to Bharathiar, a straight walk of looking

straight ahead – all is lost. The walk is no more straight but becomes a waddle like that of a ducky. swinging the body this way and that way that is nothing but straight. A big pot belly after the age of 30 years and even among children is a common sight now. Most of the teenagers are conscious about their looks and avoid obesity. In the recent years, most of the adults care a little less for their look and walk.

2. An increase in body weight is the most important feature and it becomes a compulsory burden to be carrying all the time.

3. An over-weight body makes it difficult to walk, work with ease and to do any manual work by sitting and bending down etc.

4. There is less energy for any body and mental work also. A dullness and fatigue fall on the obese frequently, since most of the energy is spent on digesting what is eaten. If prolonged, laziness becomes habitual. The earlier briskness is lost. A drowsiness is common after every meal, and a craving for more eating specially for oil-fried snacks and sweets develops which is called having a 'fat tooth' and a 'sweet tooth in the common language.'

It is highly risky to be driving vehicles under an 'after heavy meal- spell', specially during late nights. after heavy late night party dinners.

5. The direct pressure effects on all the joints are obvious;

The synovial bags and the liquid in the joint space get compressed. The cushion effects for all the joints are lost starting from head to foot. The head gets sunk into the atlas on which it rotates, giving an appearance of short and thick neck. In the vertebrae the compression occurs at any level which puts direct pressure on the spinal cord and the nerves. Certainly pain is the symptom. If it occurs in the neck, this condition is termed 'cervical spondylosis.' Wearing of a cervical collar is recommended to lessen the movements and to reduce the pain. If it occurs in the lumbar region, pain develops in the back and a belt is worn at that level. This can develop into chronic arthritis when inflammation also sets in.

The long bones below the knee joint, the tibia get bent either inwards or outwards unable to support the body weight.

The knee joints are the most frequently affected. Chronic arthritis is also most common. Pain and restriction of movements are the consequences.

The ankle joints suffer the worst. Pain and restriction of movements are inevitable.

The arch of the foot collapses and flat foot results and it makes it difficult to walk properly or fast.

5.The internal organs;

The heart,the lungs,the organ of reproduction and renal system suffer because of direct pressure and constriction. All the machineries in the body are clogged and their functions are disturbed.The symptoms depend upon the particular organ and the extent to which they are clogged. All sorts of heart diseases and all the chronic disease develop.

If one desires healing of the above mentioned ailments. One must necessarily endeavour to get weight reduced as the very first step. A good health is not at all possible with an obese body.

d)The ways and means of controlling obesity;

In all the countries an awareness has been made for obesity and people are ready searching all the possible ways to control the body weight which only each one can do at an individual level.

In America a lot of advertisements are going on to attract people's attention by offering 'diet courses' by various names such as 'carb -free -diet, ' meat- free- diet', 'egg and milk- free diet' etc. The cost of such courses are quite high and food is offered for about 15 days.When people take such courses,weight is lost temporarily, only to regain when they go back to their old diet. Any way one more new business thrives at the cost of the ignorance of people and lack of true knowledge about health and food. Even in our country such advertisements for 'diets' are spreading about which one must be careful. for a completely carb-free-diet may help in reducing the weight alone and at the sametime a diet of non-vegetarian food will eventually lead to liver and kidney failures.In India, several institutional Naturopathic or Ayurvedic health centres are mushrooming which claim to help reducing obesity under close observation, 'Panja karma' is taught. Practical teaching is done about what to eat, how to eat,how to eliminate waste from the body by an enema and steam bath for perspiration,how to do yoga, massage and fasting etc.

On the contrary, there is a fast adoption of 'veganism' recently in other countries,when people come to know of human cruelty to animals and birds. The vegans are strict vegetarians and do not touch silk dressings,pearl-ornaments and leather foot-wear and do not take honey.

In our country also the health consciousness among all people has greatly increased, thanks to the medical world. Diet advice has been made part of treatment and also a lot of instruction boards are exhibited and hand outs distribution about many diseases have been made mandatory by the government health department.People also take it seriously and the number of people who take morning and or evening walks along the city roads has greatly increased.People are making some

changes in food also and try to shift over to minor millets from rice and wheat. Eating more vegetables than cereals and a non-vegetarian diet has not been accepted adequately. Only a very few adopt 'veganism' in our country.

Merely a knowledge about health and food alone will not reduce obesity. A lot of mental strength is needed to accept the right values and to throw off a lot of old wrong myths about food and to adopt more healthy way of eating, living and doing yoga and exercises.

Thiru Moolar says in Thiru Mandiram that people who cannot resist eating more food than is really needed are comparable to animals. Though the 6 tastes of food is satisfying and enjoyable at the time of eating during social functions, eventually it will lead to sufferings in life. Imagine upto 270 varieties of dishes are served in highly rich dinners. If one wants to give up the habit of eating too much, one should pray to any god of their choice.

Our great Siddha physician Thiru Valluvar says that if one avoids wrong type of food, and also eats only less amounts, no harm will occur.

a) Some extremely harmful methods which are followed by people to reduce weight:

There are certain people who, wanting to reduce weight desperately, go for surgical cutting down and removal of part of the stomach and scooping out fat from the body.

There are people wanting not to feel hungry, stuff themselves with cotton-soaks of orange juice! There are some who even grow live tapeworms in their stomach in order to be losing nutrients daily!

All these are ridiculous ways to adopt and the simple true reason is that they cannot control their ways of eating more than necessary and cannot bend themselves to make their body work hard. It is a lack of mental strength to control the dictatorship of the taste buds of the 8 inches long tongue which behaves as if the master of the whole body and specially of brain. One has to find ways and means of increasing the mental strength and will power through some way or other.

b) Fasting:

Fasting the right manner and eating mucusless diet are two of the right measures which have been lived by Thiru Arnold Ehret, who has cured thousands of obesity and other chronic diseases in his life time. He has a record of fasting 127 days at a stretch, the longest so far.

Many people have the tendency to think all negative about fasting, such as fasting is harmful for health, the body will lose weight and will become weak and energy will be less etc. Some are afraid that they may fall into hypoglycaemia. On the contrary fasting has a lot of positive values. Feeling hungry is very good for the body. It gives rest for the body organs and time for the body to

recuperate from over-working all the time. Certainly, the weight will be reduced. It gives time for the body to eliminate wastes from the body and 'toxaemia' to be sent out. Any work, physical, intellectual or mental is sure to be done better on empty stomach than on full stomach. The release of energy from what we have eaten already would be greatly enhanced. Sleep will be undisturbed with dreams and it would be deep and peaceful. Our body would feel light and vibrant and more energetic. Unless one fasts, it would not be comprehended.

Fasting in a healthy way:

From the ancient times, all religions have been promoting fasting before some important festivals as Muslims fast 40 days. Jains are famous for regular fastings. Hindu religion promotes fasting and long walkings to temples as a group on bare-foot. In some Christian countries, people forego certain meals during Lenten season of 40 days and the cost of which they give to the church for charity works to be promoted. Breaking fast is very important and it must be done slowly with fruit juices, avoiding heavy meals as is done during some festivals.

On the whole, to reduce weight seriously one should not cheat self. Step NO.1 is eating minimum, and only when hungry, drastically avoiding any oil-fried snacks and Step No.2 is physical hard work or exercises, walking, playing, swimming and yoga etc. Step no.3 is regular fasting such as one day a week. One should definitely put the legs on step No.1 first and then only on the step No.2. Only then it will work out for better. Frequent weight checking once a week is essential. A target of reducing at least a half kilo per week must be fixed. Only the individual should plan for self and nobody else. He or she is the hero of execution of the weight-reducing project. Others can only help by playing a supportive role of encouraging and guiding.

2.DISEASES OF SKELETAL SYSTEM -THE BONES AND JOINTS.

a)Birth defects.

At birth, children are born with bone and joint deformities which are debilitating. Orthopaedics is a growing subject on its own. It offers medical treatment and more of serial surgical corrections at different stages for different malformations. A lot of surgical gadgets, prosthesis are made use of for almost average mobility. In various syndromes if the children's mental capabilities are adequate, they are able to live an almost reasonable life with comfort and many achieve great success in many fields like education, arts, acting, music and even sports etc.

b) Accidental affectations.

Accidents to any part of the body from head to foot are one of the major causes of bone and joint affectations. Head injuries are a major cause of death in all the countries. All the countries

enforce severe laws to prevent accidents. All the same, it is a major cause of death. Escaping death, those affected suffer according to the seriousness of injuries. Appropriate surgical and medical treatments are needed life long and the medical world is growing its capabilities to meet any situation in life. A lot of prosthesis are made by companies and made use of to make life comfortable and self- dependent. Recently there was the news in the newspapers that some prosthesis made by an American company, Johnson and Johnson' by name has to give compensation to patients who suffered numerous problems of ill-health after having used some metal prosthesis for mostly hip and other joints also.

During accidents, if only the brain is dead and the other parts of the body are in good working conditions, these are accepted for donations, which is done by the family of the deceased.

c) Chronic Diseases;

Obesity will eventually lead to chronic arthritis at due time. Arthritis means an inflammation of one or more joints. Swelling and pain are the main symptoms and restriction of movements is an inevitable outcome. Any joint could be affected and the most affected are those which are directly affected by obesity. It could cause a lot of debility and pain and not a directly killer disease. The medical field offers appropriate medical and surgical treatments for all affected.

3. DISEASES OF THE DIGESTIVE SYSTEM:

1. Peptic ulcers:

The whole of digestive tract from the mouth to the anus is coated by a delicate slimy mucous membrane. This is affected by the food that we offer to our body. There is already secreted mild hydrochloric acid in the stomach. On the top of that if pungent hot food is put, ulcers are formed. In the stomach it is called the 'peptic ulcer' and in the duodenum 'duodenal ulcer'. The main symptom is pain on eating in the stomach in case of ulcer in the stomach and if ulcer in duodenum, pain when hungry. Burning is common for both. Oral medication of antacids and careful improvement in diet help in healing them. If not cared for, the ulcers can grow so deep as to erode into a blood vessel and bleeding starts either as fresh red bleeding through the mouth or altered blood of brown colour in the faeces. At this stage, surgical intervention becomes necessary for life-saving. If becomes chronic and not cared for, it may turn into cancer.

2. Diarrhoeas:

Diarrhoeas in our country was a major cause of infantile mortality during the last century indicating the lack of public toilet facilities and faecal contamination of food and drinking water in our country.

The small and large intestines are affected by infections by the invasion of various bacteriae like the *E.coli*. In children, they may be life-threatening for they cannot tolerate dehydration. As remedy, intravenous hydration is absolutely essential and antibiotics also. It has been combated successfully by our government health department and people's co-operation by accepting the 'Oral Rehydration solution', the 'ORS.'

For small babies if affected, an introduction of small amount of faeces from a healthy mother into the anus of the child has been known to arrest diarrhoea within 30 minutes. It is the good bacteria that play a remedial role. It has been attested by famous research scholars of 'microbiology'.

3. Dysenteries:

Bleeding with stools are called the dysenteries and it was a cause of infantile mortality in our country during last century which was a direct consequence of lack of public health facilities in our country. Faecal contamination of drinking water and food are the direct causes. The germs that cause are the bacteria like the bacilli and *Entamoeba histolytica*. All along courses of rivers and water bodies, there is a free distribution of these germs and thereby occurrence of endemic diarrhoeas and dysenteries.

4. Constipation:

Constipation is a curse found only among the human species, except the birds for it is he alone who walks on two legs and cooks his food and takes consistently the wrong type of food. The consequence of constipation is piles in the anus for both male and female. Constipation leads also to hernia of a loop of intestine in the male and prolapse of uterus in the female.

5. Piles:

Earlier, only dilatation and tortuosity of the blood vessels in the anus takes place, and if not cared for, bleeding results which is called the 'bleeding piles' which needs a surgical intervention. This is definitely one health condition that could have been definitely prevented by eating right type of food with plenty of fibres that is fruits and vegetables. A continued constipation results in cancer of all different parts of the whole digestive system.

6. Diabetes mellitus :

Pancreas is one of the additional gland of the digestive system. It secretes insulin which maintains the level of blood sugar in the body. Once again eating wrong type of food affects insulin secretion which causes type 1 diabetes. The rate of occurrence is led high by our country, specially Tamil Nadu and Punjab. It is considered wrongly that it is 'incurable' but could only be prevented. The blood level of blood sugar can be easily found out using a small gadget, the glucometer. Medicines are prescribed to bring down the sugar level and if not able to control, hypodermic self injection of insulin is prescribed.

Treatment:

Lines of treatment are 3. They are diet, exercises and drugs. It is better to take a mucus less diet, raw vegetables more. Regular, fast walking and body exercises and massage will improve blood circulation. Feet must be given extra care to keep up blood circulation. Because of numbness, should not get into injuries. Feet must be soaked in warm water and the toe-nails must be evenly trimmed. Depending upon the level of blood sugar, the dosage of drugs are adjusted and insulin injection as to the number of units are prescribed.

Type 1 juvenile diabetes in children get revealed by the age of 5-6 years by symptoms like fatigue, gum over growth and bleeding. An alert dentist would be able to diagnose this condition at the earliest. Life long insulin supplement is a must and food-intake must be strictly regulated. Otherwise a normal life is possible.

7. Jaundice:

Liver is a very soft and delicate organ in the body. It is a glucose bank. When glucose level in the body is high, it turns it into glycogen and stores in it. Glycogen gets converted to glucose whenever needed. Liver gets affected by viral infections through infected needles and jaundice results. Liquor and all the habit-forming drinks and some chemical medicines for some other health problems for example pain relievers and anti-inflammatory drugs cause damage to liver. Food loaded with pesticides is one more culprit.

8. Gall bladder Problems:

Gall bladder is one more additional organs. It secretes gall which contains enzyme amylase. It is essential for the digestion of fats in the body. Its duct opens into the duodenum which sometimes get blocked by some stones formed in it and an obstructive jaundice results. The stones alone are removed if a few or if a lot, removed with the gall bladder.

9. Cancers of the digestive system:

Cancers of the digestive systems are the most common in all the countries and it occurs in any part of the system without any exemption. It is the clear indication that the food we eat is very unhealthy. Our food has gone far away from nature and has been badly cooked, commercialised and that we do not know what is good to eat and what we should avoid. If we and our future generation should escape cancers in this system of our body, definitely, we should change over to healthier, cancer-preventive diet that is un-cooked, nature-diet.

10. Hernias:

Hernias mean that a loop of intestine, because of increased pressure within the abdomen, comes out of its place through some weak point in the abdominal wall. It may be epigastric, umbilical or scrotal. Unless, corrected surgically at the earliest, it could create complications such as 'strangulation'. The way to prevent are avoiding chronic constipation and cough.

IV. CANCERS.

a) Nature of cancers:

Cancers are diseases at cellular level. Uncontrolled cell-divisions are stimulated by the so-called 'carcinogens' that bad tumours are formed within a short time and start to spread around also.

'Cancer' means crab. The disease gets this name because of its growth on any side unpredictably. The Tamil name 'puthu' is more meaningful for the puthu of ants and white ants grow more, the more, they are dugged out. Over night growth of ant hills are commonly known. No part of the body is exempt from them. Cancers appear either as hard lumps, fast-growing tumours or as ulcers over the soft mucous membrane. Some times the growth are manifested after some years of exposure as in the case of prostate cancers almost 3 years after exposure to pesticides as in the case of Vietnamese soldiers to a pesticide attack.

b) Causes of cancers:

Cancers are caused by some chemicals like dyes such as aniline which is used to whiten the ready-made nappies and black dyes used for hair, bleaching agents over skin pesticides, industrial waste chemicals, X-rays, UV radiations, atomic radiations and gene mutations some viruses as those identified in cervical and breast cancers etc. and they are called 'carcinogens.'

C) Age and sex preferences;

Cancers are caused in both sexes, at any age in any part of the body. At younger age groups of both sexes, blood, brain and bone cancers seem to occur more. All the cancers in other parts of the body seem to occur after the age of 40 years, after having eaten cooked food.

d) Prognosis and survival:

Cancers are considered 'uncurable,' unless diagnosed at the beginning. They are classified based on the time of occurrence. They could be completely cured, if carefully diagnosed early and adequate and appropriate interventions are taken. At early stages, pain is notoriously absent. By the time pain sets in or its presence is felt by touch or some pressure symptoms, it has grown so much that it becomes incurable and future life becomes a question mark. The survival rate is very poor.

e) The signs and symptoms:

The signs and symptoms depend on the organ of origin. Wherever it originates, as the disease advances, through the lymphatic channels it reaches all the lymph glands and lastly to the liver, the organ of detoxification. Once the liver is affected, it is considered jaundice is the last suffering before death.

f) Treatment:

The lines of treatment available are chemotherapy, surgery and irradiation mostly these are combined depending on the stage of growth. Robotic surgeries are growing.

g) Immunity and prevention:

The wise saying, 'Prevention is better than cure' is more true regarding cancers. Immunity could be built up by avoiding the causes. Definitely eating raw food with high, 'live' vitamin C has been proved to prevent cancers.

At great cost, researches are going on to invent new specific immunisations against cancers are on the increase.

5. DISEASES OF THE BREATHING SYSTEM.

Respiratory diseases:

Since we are living in times of global air pollution, in big cities where it is very high, the incidence of diseases of the breathing system is increasing. It has been predicted that by the end of 2050, in our country 20,000 children may die of breathing disorders.

Starting as allergy, end up in frequent infections by additional bacteria and viruses. The infections are classified as 'upper respiratory' and 'lower respiratory' depending upon the part affected but very soon one leads to the other.

a) Sinusitis:

Sinusitis is inflammation of the sinuses which is most common now. Hardly any one escapes from sinusitis, specially those who are doomed to spend their lives in air-conditioned surroundings.

The sinuses, the frontal, ethmoid and maxillary sinuses secrete a liquid which turns into mucus. Heaviness in the area of sinuses is common. Headache, running nose are chief symptoms. Fever may accompany.

Discomforts persist till the sinuses are drained through nose and cough with expectoration.

b) Allergies:

The common allergens are pollen, fumes, dust, dust mites, and other impurities in the air.

Allergy is the most common manifestation of the impurities in the air we breathe and this is how the body intelligence reacts to, by trying to expel the allergens or the irritants through the breathing passage and the lungs. Inflammation of the breathing system produces a liquid which tries to wash out the irritants which is poured out through the nose. Anti-allergen chemicals are prescribed which seemingly passify the system. In order to prevent the next event is of super added infection, antibiotics also are prescribed. The symptoms of cough and difficulty to breathe also follow for which chemicals that dilate the passage are prescribed. If infection spreads to the lungs, healing takes a longer time.

c) Tuberculosis:

If the specific pathogens tuberculous bacilli attack, tuberculosis is formed which is a serious killer disease and it requires a prolonged treatment. These pathogens can cause cavities in the lungs. It is quite a debilitating disease but curable with 4 lines of specific anti-biotics. Our government takes it seriously and adequate free treatment is offered to patients for a few years.

In children, it is called 'Primary complex' and evening rise of temperature is a sure warning signal. The sure diagnosis is by 'Mantoux test' and prevention is by BCG. Government makes it available for all the children compulsorily.

d) Pneumonias:

Pneumonias are inflammation of lungs by infections either viral or bacterial are common. So, it is 'lower respiratory infection'. A pathological liquid is secreted and collected in between the two covering layers of the lungs which gives pain on breathing. Difficulty to breathe, wheezing, cough and fever particularly in the evenings are the typical symptoms. The lymph nodes along the trachea swell and become painful.

e) Cancers:

Cancers can occur at any part of the breathing system which is also a killer-disease for people who work in the chemical industries all their lives and those who smoke e-cigarettes, cigarettes and cigars etc.

f) Industrial gas leakage, a mass tragedy in India.

In 1984, 4th December, the worst ever in the world. preventable but unpreventable industrial accident of leakage of 40 tons of methyl -iso- cyanide and 16 more poisonous gases occurred in Bhopal in a pesticide company UCIL tank no. 610. with American collaboration for which America has completely relinquished its responsibility. Lacs of people who died instantly on the spot during sleep seem to be more fortunate than those who are still suffering chronic illnesses of all sorts.

Industrial atomic leakage in Chernobyl:

In Chernobyl, Russia, an awesome leakage from atomic rays took place, which created a lot of reactions from people of this country and this business had been closed forever.

In all the industries where the smoke and dust emanate, taken in breathing affect the whole system, make a coating over the lungs and prevent gas-exchange. Breathing difficulty is the frequent symptom. Whatever be the remedy, the ultimate end is cancer and death.

6. THE DISEASES OF RENAL SYSTEM.

a) Birth defects:

At birth, kidney formation's absence may be detected which is due to some chromosomal aberrations.

b) Stones in the kidneys;

When the work load of filtering through is far too much for the kidneys' management, when the salts in our intake is too much, together with calcium, stones are produced in the kidneys which pass down to the other parts of the renal system. The very first symptom is severe pain in the back radiating around also. When the stones start hurting the tissues around, bleeding starts when is passed through the urethra. The medical world is ready with appropriate surgical removal with lasers.

d) The blood pressure;

If blood circulation to the kidneys are impaired, the sign is an increase of blood pressure. If the blood pressure in the body becomes too much, the kidneys are not able to function properly and they get inflamed also with bacterial invasion. The excretion of salts gets affected and there is an accumulation of urea in the blood, A state of mental confusion arises. A periodical regular artificial dialysis of the blood is recommended which is life-saving. The infections are treated by antibiotics. A direct pressure by fats also affect the kidneys in a similar way in obese people.

e) Infections:

Infections of all different parts of the renal system, specially through the urethra are common. In the female, infections of the genital organs pass on the renal system. Sex-linked diseases also cause

these. Burning urination and pus-formation are common. Lab tests of urine's microscopic and culture could help in correct diagnosis and appropriate treatment.

g) Kidney transplantations:

Since one kidney is adequate for a person to survive, people are ready to donate one of their kidneys

to their loved ones for life-saving. It's transplantation from one to another has become very common from a living neighbour, mostly a relative. It is also possible to be removed from a person of brain death for the same purpose.

Now and then media flashes some unethical robbing of kidneys for commercial benefits of some including the medical world. There is a demand from foreigners for our kidneys for the expenses are a little lower in our country and at the same time rich people of our country go to foreign countries for treatments at a higher cost hoping that the treatments are better over there.

f) Cancers;

Cancers occur at any part of the renal system mainly in the urinary bladder. Chemotherapy, surgery and irradiation are the available lines of treatment.

Unless care is taken by every body to avoid problems of kidneys, by avoiding salt, drinks of addiction, pesticides and drugs, there will not be any healthy kidneys in the world for transplantation.

7a) DISEASES OF THE FEMALE REPRODUCTIVE SYSTEM:

Birth defects are due to chromosomal aberrations. Ovaries or uterus may be totally absent which is suspected only at the time of sexual maturity by their obvious missing. Nothing could be done about it in earlier days. But with the modern advancement in medical sciences, nothing is impossible.

b) Hormonal imbalances:

Hormonal imbalances are increasing because of the artificial life that we have made for ourselves. The beautiful harmony between the endocrine glands gets disturbed by our interferences of natural health. If the ovaries do not receive stimulation at the right time, they fail to produce the female hormones. This leads to non-growth of uterus and no menstruation will take place and there is no ovulation or conception. The breasts will not grow big either. It is diagnosed at about the age of 13-14 years of a female.

c) Disorders of menstruation;

Disorders of menstrual cycles are becoming common because of our changes in life- style to an artificial one. With oral hormones for changing the menstrual cycles and spacing children etc. the natural cycle gets upset. Thyroxin over or under secretion both affect the cycles accordingly. It is said that the female children reach puberty at an earlier stage than before. Irregularity in the days of bleeding may change for some due to many reasons such as a change in life-style and stress. 'Dysmenorrhoea' that is pain during menstruation is common which puts young girls under distress. 'Menorrhagia' that is excessive bleeding or less bleeding also is possible. Increasing stress also plays a role in all these. Mostly at menopausal stage, excessive bleeding occurs just before stopping bleeding.

Milk is a culprit that can disturb the hormonal balance and thereby the menstrual cycles.

e) Infertility;

Infertility is one of the consequences of all the above mentioned factors. The ovaries are very sensitive organs and get easily affected by pesticides. Women handling pesticides during their production and usage are invariably affected by malignant tumours. Whatever may happen, the functions are affected.

f) White discharge;

White discharge from the vagina or the cervix of uterus seems to be more prevalent among women of all ages and all walks of life. Women wearing tight garments is associated with this. It could be due to cancers or simple lack of hygiene and aeration which needs to be diagnosed and treated appropriately.

g) Cancers in the females;

Cancers occur mostly in the cervix of uterus, during when blood-stained white discharge is a clear and obvious symptom. A hard lump grows which bleeds easily on touch.

Within the uterus cancer tumour grows unobtrusively as big as a child which misleads many women.

Ovaries are no exception for cancer-growing.

Breast cancers are notorious, but preventable with self-examination. Curable on early diagnosis and treatments. Awareness education is done by the medical and also by the education department in schools and colleges which must prevent its prevalence.

Any way wherever cancer grows, treatment is the same, surgical removal, irradiation and chemotherapy etc.

7 b) PREGNANCY AND IT'S COMPLICATIONS;

Complications during pregnancy are endlessly increasing recently, all due to the already mentioned reasons of unhealthy way of life.

a) Ectopic pregnancy or tubal pregnancy:

‘Ectopic’ means outside the normal place, the uterus. Most common is in either of the Fallopian tubes or sometimes anywhere in the abdomen. In tubal pregnancy, fertilisation takes place in either of the two Fallopian tubes and there may be some block in the tube. So much so, the fertilised ovum fails to move down to the uterus, its normal home but starts to divide into many cells and grow bigger in size. So the tube bursts and bleeding is imminent. Unless diagnosed immediately and taken care of, the life of the woman is at risk. This condition is likely to be repeated more than once. Here comes the medical world with helping hand to felicitate the couple with a child!

b) Abortions and pre-mature deliveries:

On an average, the growth time of a foetus within uterus is 9 months and 7 days. If, for any reason, the foetus is pushed out of uterus before 3 months, it is an ‘abortion’ and at an earlier stage but before the full time, it is called a pre-mature delivery. Abortions can be spontaneous or deliberate for which there are some legal restrictions. For even rape cases, the court is hesitant to permit legalised abortions.

c) Deliveries:

Till the beginning of this 20th. century, children were mostly born at home with the help of experienced women at home in all the communities both rural and urban where medical facilities were not adequate. Now that the medical facilities have highly increased, all make themselves available of these. Otherwise children refuse to be born through a normal vaginal delivery and without a caesarian section by a specialist! Now the medical world has grown its diagnostic, medical and surgical machineries so much that it can manage any situation at any time by accurate monitoring and early planning.

e) Alternative methods of child birth:

When there happens to be any impediment such as an abnormal position and presentations of the foetus, wrong position of the placenta, over-bleeding and exhaustion of the mother, foetal distress etc., are a few reasons to resort to this surgical intervention to save the mother and the child. The great Roman emperor Julius Caesar was delivered by a section and hence, such a surgical procedure

has been named 'Cesaerian section'. Now the medical world has gigantically grown to face any compications.

Now IVF and surrogate mother system have come to the knowledge of even ordinary people thanks to the much advertisements mostly by privare practitioners.

7 c) DISESES OF THE MALE REPRODUCTIVE SYSTEM:

1.Birth defects:

Birth defects of the organs are possible more commonly an undescended testicle associated with other disabilities. The small rudimentary testicles may remain within the abdomen,under developed. Surgically they could be brought down to their normal place that is the scrotal sac, below the abdomen. Further developoment depends on nature and God's grace.

2.Infertility;

Infertility of male is possible for two reasons. One by not functioning of the penis in ejaculation and the second in malformation of the spermatozoa.The sperms are microscopic, one celled living motile organisms. Due to various reasons like stress,exposure to pesticides they are malformed that means their structure is not normal, without the tail etc. Their number may be less and they may not be mobile and they may be dead.

Now by various treatments,the sperms could be improved and there are also other artificial ways of having a child and make the couple happy.

3.Enlargement of the prostrate gland:

After the age of 60, the most common problem in men is the enlargement of the protate gland which constrict the urethra and thereby the flow of urine is prevented. This problem gets solved by a surgical removal of it by lasers.

4. Cancers:

About the same age of 60 years, cancers also are formed specially when there is a long exposure to industrial chemicals like the dyes and pesticides. Cancers can occur in any part of the male reproductive system. When America attacked Vietnamese soldiers hiding in the forests by an aerial spray of pesticides through helicopters,most of them died and those who escaped death then,after 3 years developed cancers of the testicles and died.

8.DISEASES OF FIVE SPECIAL SENSES.

a)The skin:

The most wide organ of the body which promotes the formation of vitamin D by the skin in the presence of sunlight. This important process is handicapped if there is no exposure to the sun due to the artificial living situations that we create around ourselves. During such times the absorption and usage of calcium and phosphorus also are prevented. The skin is made up of two layers, the outer epidermis and the inner dermis. Keratolysis occurs from the outer layer and the dead cells get thrown out and new cells replenish.

1. The burns:

Burns due to fire or boiling liquids which is calculated by % of skin area affected. The lower %s get healed leaving some scars and wrinkles in the scar, gets corrected by plastic surgeries. If the burns happen to be extensive, life is at risk because of a high degree of dehydration. Intra venous rehydration with normal saline and glucose is life-saving. Oral rehydration solution ORS is life-saving.

2. Skin Allergies:

Some people have very tender and sensitive skin and the least irritants and chemicals cause itching. Scratching may seem to be comforting. But more the scratching done, more the damage to the skin is caused. So, it is better to wash with cold water to cleanse the irritants and then apply some soothing cream externally.

For children, mosquito and ants bite may cause serious allergic reactions, so as to form pustules. So, anti-allergic treatment becomes necessary. It is better to avoid anti-biotics.

2. Sebbhoric conditions:

Sometimes when the sebaceous glands do not function properly, the skin becomes excessively dry. Excessive skin-irritation is caused. Ichthiosis is a scaly, sebbhoric condition such as the dandruff in the head and psoriasis in the body, specially in the axilla that is under the arms and breasts are common in women. Personal hygiene and an application of oil are of utmost importance and also a high intake of vitamin C in nature foods and exposure to sunlight are helpful. Soft cotton-ware is advisable, avoiding high % of synthetic wares.

3. Birth defects:

Birth defects in the skin may be 'albinism' where the skin's dark pigments, the melanocytes are absent and hence, the skin is white or sometimes with dark specks. They will not be able to bear the harmful effects of the sun and risk of cancer development is fairly high.

4. Vitilago:

Vitilago is a condition due to some auto-immune conditions, a small white patch appears somewhere in the body and then gradually spreads to all different parts of the body and no treatment helps.

5. Moles and Keloids:

Moles are dark spots with or without hairs and keloids are thick dark patches in the form of a butterfly which may both turn cancerous after a longtime. If any attempt is made to remove surgically, only stimulates to grow more, similar to cancers!

6.Lipoma:

There is a condition called 'lipoma' wherein a lump of fat under the skin may develop any where in the body. Lipomas could be simple or multiple also. In obesity, an accumulation of fat occurs as an uniform application or more in some places altering the beautiful curves of the body and makes curves in the opposite direction making the typical lumps that we see. Pot bellies become obvious both in men and women all over the world. The whole world has to learn one good thing from the Japanese that no one has pot bellies in their country!

7. Perspiration problems:

Excessive or less perspiration also is a problem with some and a few harmful chemicals are used. A few harmful chemicals and even mild electric waves passing procedures are tried which are not good.

8.Beautification:

In the name of 'beautification' the natural dark colour of the skin is attempted to be made fair or bleech. Recently the increased use of chemical beauty creams affect the skin badly. Beauty care is becoming more and more complicated and unhealthy. Anything but the original and normal is considered the 'new fashion'. Everything good is getting changed to artificiality, including removal of the eye-lashes and the small hairs in the eye-brows getting plaited. Etc. are totally unnecessary.

Our age old home-made skin care with turmeric and application of fresh fruits pulp, juice and peel are much more healthy for the skin. Eating fresh fruits adds beauty from within.

Now the pharmaceutical companies are manufacturing beauty-products with natural components of medicinal plants, the credibility of which, needs to be tested.

In Nigeria, women for better beauty and life opportunities take up bleaching the skin with highly harmful chemicals such as glutathione through injections, oral pills and external applications of creams.

A film by the name 'Black panther' aims at creating the awareness among the blacks that 'black is beautiful' and also life could be made successful for black skinned. Skin colour should not be a matter for life and death.'

b)The mouth:

Mouth contains many small organs within and it reflects the health conditions of the whole of digestive system. The gums becoming sponge-like, denotes deficiency of Vitamin C and loosen the teeth much earlier in life.

1.Teeth:

Teeth, temporary from the age of 1-9 years, which need to be given great care, otherwise infections start and dental caries become an un-avoidable evil when the sticky food particles get in between the teeth. A good cleaning process is needed but very difficult. Dentists come to the help of parents.

The permanent teeth of adults get into many complications such as infections and losing the enamel and getting holes. Dentists try their best to save them at each stage and ultimately a set of prosthesis is fit in which has common by the age of 60.

The archeologists say that the teeth of ancient people before cooking was known, are still very strong.

Cancers are common in the inner sides of mouth, if habit of tobacco chewing and gutka use and smoking continue.

2.The tongue;

The tongue is a purely muscular organ without any bone. In the mucous membrane within the cheeks and in the tongue cancer develops easily when tobacco is used. Sometimes when a surgical procedure for the teeth is given, the tongue gets numb and a partial numbness and paralysis may continue. When partial paralysis of face occurs, paralysis of tongue is inevitable and speech is slurred.

3. The tonsils;

In the throat are two tonsils situated on either side which offer the first line of protection in the throat from the infecting bacteria, themselves get inflamed and 'tonsillitis' happens. Children are frequently affected. If tonsillitis becomes frequent, and the tonsils become seat of infection, they are removed surgically.

4.The vocal cords;

The vocal cords get paralysed in cases of facial paralysis and the breathing is not possible. So a hole is made in the trachea which is life-saving for breathing is possible through it, making a hissing noise with each breath. But speech is not possible hereafter. Cancers are common in the vocal cords.

c) The eyes:

1. Birth defects of the eyes;

From birth, absence of eyeballs within the socket and blindness even when eyeballs are present are seen. A Transplantation is possible. If only cornea is the problem, it is easily transferred immediately from people after death, if willingness is obtained previously.

2. Cataracts;

Cataract is a condition wherein the transparency of the lens is lost because of calcification by the accumulation of calcium and salts in the lens. This is a common feature almost in 80% of people above the age of 60. Surgical removal of the opaque lens by lasers and appropriate glasses are recommended. This process of cataract formation is speeded up when excessive toxins accumulating in the blood.

3. Refractive errors;

'Far' and 'near' sight errors are common which are corrected by wearing appropriate ophthalmic lenses. Recently thin removable 'contact- lenses' are implanted which are risky for sight when get infected.

4. Retinopathy;

'Retinopathy' are common now because it occurs as a bad consequence of diabetes. If unattended, sudden loss of eyesight is possible. Intra ocular injections are prescribed for prevention of blindness if diagnosed early, which are on an initial trial basis and are very expensive. One injection costs Rs.23,000 and 3 such injections are needed, they say.

5. Glaucoma;

Glaucoma is an increase of intra ocular pressure which is also a bad consequence of diabetes and can lead to blindness, if unattended at an early stage.

d) The nose.

1. Allergy;

Being situated at the beginning of breathing passage, it has to bear the brunt of all that goes in through. It tries to filter all the impurities in the sticky mucous membrane and the hairs. The secretion tries to wash out also. But all the same, the impurities in the air get inside and reach the

breathing passage and the lungs. Allergy is one of the frequent conditions caused by the air-pollution.

When the passage or the lungs get infected, all the mucous secretions are poured out through the nose and smelling is affected.

2. Epistaxis or Bleeding through the nose:

Epistaxis or bleeding from the nose is possible when bitten by leaches in the nose during swimming in the leech-infested pools.

Accidents like head injuries cause the same. Surgical interventions are the remedies. Sometimes when blood pressure goes very high also, bleeding is possible.

Cancers in the nose are common when tobacco snuff is used by people and also if smoking continued for longtime.

4. Cancers:

Cancers are common in nose, specially in those who use tobacco snuff for a long period.

e) The ears:

1. Deafness:

Deafness is one of the birth defects. If the origin is neurological, it cannot be helped. If mechanical, hearing aids help.

Deafness occurs if the tympanum is affected accidentally or by excessive continuous noise pollution. Frequent cleaning of ears with buds or any other crude objects may cause damage to the tympanum.

2. Infections:

Infections of the middle ears occurs by bacterial invasion. A secretion of an offensive smell is common. If unattended, deafness results.

3. Bleeding:

In head injuries, bleeding through the ears also takes place.

9. THE BRAIN AND NERVES.

a) Birth- defects:

Birth-defects of brain and nerves are common because of exposure to harmful chemicals and the resulting chromosomal aberrations. Various disabilities due to chromosomal aberrations are seen in children and are called 'special' and plenty of 'special' hospitals and training institutions are fast mushrooming in order to accomodate the growing numbers of 'special' children. They are helped by appropriate trainings so that they could manage to live a fairly normal life of self-reliance.

b)Epilepsy:

Epilepsy is fits or seizures, wherein the brain gets stimulated at a closer frequency. Uncontrollable frequent movements of limbs occur and also frothing from the mouth accompanies. Difficulty to breath also occurs. The continuous medical treatment is needed and our Government health department offers a continued free treatment for such children.

c)Damage to brain and the nerves:

The increasing accidents are the major causes of damage to brain and the nerves at all levels. Depending upon the nature of injuries, emergency surgical and medical treatments are given which are life-saving. Injuries to the spinal cord sometimes end in lifelong disabilities as partial or complete paralysis. Brain death are caused by head injuries.

d)Alzheimer disease:

It is a recently increasing disease wherein a loss of memory due to death of brain cells takes place gradually or suddenly which is not helped by any drugs. It could only be prevented by a better lifestyle and good nutrition.

e)Parkinson's disease:

Parkinson's disease is a nervous disorder wherein the gait or the walking is disturbed and the hands tremble. This condition is also not helped much by drugs.

f)Cerebral palsies:

When blood pressure inside the closed brain box, some minute capillaries burst and bleeding takes place and one or more blood clots are formed. This puts direct pressure on the nerves and paralysis results on the opposite side of the body. This is called a stroke. A life long bed-ridden stage follows and its own complications such as ulcers in areas of pressure in bed and infections and renal failure etc.

g)Menigitis:

Meningitis is inflammation of the meninges that is the coverings of the brain. It is due to viral or bacterial infections. Mostly children are affected. In spite of administering heavy anti-biotics, it is difficult to save lives.

h)Cancers:

Cancers of brain and neuromas are common among children. A short bed-ridden stage is followed by death which is a relief for all.

10.DISEASES RELATED TO IMMUNITY.

a) First line of protection for the body are the innumerable bacteriae that live in our intestines. They protect us from various digestive problems and we have to protect them with good raw food with plenty of vitamin C, which are plenty in black berries and in camu-camu an Amazonian fruit it is claimed to contain the most, 30% more than others. May be our native amla may be equal.

When an infant is affected by diarrhoea, an introduction of a small bit of faeces into the rectum from its healthy mother arrests diarrhoea within a few minutes. This is attested by research-scholars of 'micro-biology'.

b) The tonsils offer protection from the throat, of invaders through mouth and nose. They are affected first and so get removed from being a source of infection to the whole body.

c) The white blood cells increase in numbers and fight against diseases. Different white blood cells in different diseases as lymphocytes increase in tuberculosis. In blood cancers, they increase enormously in number so much so, the blood loses its liquidity. For treatment, a complete change of blood is needed at intervals together with chemotherapy.

Eosinophils increase in all infections and worm-infestations and this condition is called 'eosinophilia' and symptoms are like asthma.

In case of some viral infections like dengue fever, the number of platelets diminish.

d) Damage to immune system:

The body immunity is greatly damaged by using too much of fatty acids in food, drugs, alcohol and additives and an exposure to harmful chemicals.

When all the immune system collapses, a condition occurs which is called 'AIDS' and its expansion is 'Acquired immuno-deficiency-syndrome'. It is spread through sexual contacts and there is no known treatment yet. It is rampant in all the countries from time in memorial. It is known to have travelled with ancient voyagers by ship. It is the only disease that people go in search of it in exchange for pleasure. A cure is not possible at present and a lot of researches are going on for finding some preventive vaccines against it. Why can't man develop his own immunity to prevent himself from some unethical sexual behaviours?

f) Auto-immune diseases:

Auto-immune diseases occur when the body does not recognise its own cells but react badly sometimes. Rheumatoid and rheumatic arthritis are caused this way.

Vitiligo and albinism also are auto-immune diseases and no treatment help in such occasions.

In vitilago, white patch appears in the skin which gradually expands to different parts of the body, making differential colours in the body, becoming very obvious at the first sight.

11. THE BLOOD.

a) Haemophilia:

'Haemophilia' is a hereditary disease, where the blood does not clot and bleeding goes on without stopping. Immediate blood transfusion saves life. It is known in the history since it occurred in the British queen Victoria's family which is a chromosomal disorder wherein female is the carrier and man is the sufferer.

b) Blood loss:

It is accidents that cause blood loss. In order to save lives blood banks are always on the alert to arrange for immediate blood transfusions. A lot of awareness among the public has been created that many are willing to give blood donations at regular intervals. The donors are helped by relieving themselves from hyper-cholesterolaemia. It is almost similar to the earlier century medical treatments of bleeding for cures. Now the bleeding is useful for others, mostly life saving for many in need.

The blood cells are formed in the bone marrow. When bone marrow is affected as in typhoid fever in children, blood formation is much less. When iron and proteins are less in blood, a condition called 'anaemia' occurs often in pregnant mothers and malnourished children. It could be corrected by eating a good natural food with natural iron content as in all types of greens, vegetables and fruits.

In viral infections like dengue, platelets get reduced immensely. Herbal medicines like the leaves of papaya tree and '*Andrographis paniculata*' are of much value than chemicals during viral-infections..

12. DISEASES OF THE SINGLE CELL.

Each cell is a mighty emperor with enormous capacity to co-ordinate all the functions of a living cell and for division to multiply and to regenerate its own. The D.N.A. is of vital importance where chromosomes and genes are maintained. They differ from race to race, maintaining the characteristics of a community and race and that's why people are mad for blood purity and marriages among the same caste! The codings are recorded in the genes and hence the parental characteristics are seen in children. When parents are exposed to harmful chemicals and irradiation, the chromosomal aberrations take place which are revealed in the children as innumerable bodily

and mental disabilities which are called 'syndromes' which means a group of symptoms and they are named after the scientist who first studied it like the 'Down'.

In 1962 M.S. Rachel Carson, an American marine environmental scientist writes in her famous alarm-raising book 'Silent Spring', 'Men are naturally most impressed by diseases which have obvious manifestations, yet some of their worst enemies creep on unobtrusively. The last and the greatest danger to our civilisation is the genetic deterioration through man-made agents is the menace of our time.'

We can, if we wish, reduce this threat to our genetic heritage, a possession that has come down to us through some 200 billion years of evolution and selection of living protoplasm, a possession that is ours only for the moment only until we must pass it on to the generation to come.'

a) Disabilities caused at the cellular level:

The children of disabilities are called the 'special' children. All over the world special hospitals and training institutions both governmental and private are highly increasing to accommodate such physically and mentally disabled children. It is a scourge of the human society. The diagnosis are accurate and the rate of occurrence is greatly increasing and the list of syndromes, anything but normal is getting longer day after day. The treatments in these institutions are also special. Children of all ages are referred there for appropriate diagnosis and treatment. What an anxiety on the parent's faces! They receive a whole bunch of bills, lab reports, X rays, E.C.G.s, E.E.G.s, a big bottle of flakes seed oil, whole lot of medicines including tranquilisers, a xerox copy of the book about the syndrome in English! The advice given is regular visits once a month for check ups and continued daily exercises at home etc. The expectation of the parents is that their child would become more or less normal at sometime in future even though the stamp of 'syndrome' is on the child in the society. Still the concept of taking it as God's curse is prevalent. The curse is on the whole human race which causes these disabilities for our own children.

13. DISEASES RELATED TO STRESS.

In the process of evolution it is stress that made a single celled algae into a tree and a single celled amoeba into a man!

a) Manifestations of stress:

Stress is continued in every one's life even when being an embryo in mother's womb. In the families, working places and in the societies stress has become a part of life. Stress is expressed in many different ways, for some as chronic arthritis and for some as head-aches and for some as fatigue and a dark ring is found below the eyes with a worried and always a tired look and for others

as 'irritable bowel syndrome' etc. Some forget happiness and always are sad and anxious, and smiles are forgotten. Hair fall is common which makes many uncomfortable and shy to appear in public.

b) Mood changes:.

With some people, mood changes are obvious. So much so, it affects others. In some extremes of climatic conditions of too much heat or cold, causes mood changes and depression. Too long working on the computers with unlikable jobs may cause mood the same. Some times a few breaks must be applied and get out to have some likable alternates of light and interesting games, conversation with some friends etc. and not eating snacks or carbonated cool drinks.

c) Computer Related syndrome (CRS) :

Computer related syndromes include all the physical and psychological discomforts which are caused by too long working on the computers both in good or bad surroundings. Starting with the eyes, which may show irritation and watering. Without rubbing the eyes, frequent rest for the eyes with palm of the hands may be relieving. Washing with fresh good water is of help. Sun-gazing during sun-rise and set could be of much help.

Watery nasal discharges are seen in some. Mouth may dry up and more drinking water taken in sips is needed.

A particular body posture and keeping the hands on the key board at a fixed height, may cause some discomfort and strain to the elbow joints is common. Any way an upright posture with an erect spine is of utmost importance.

Surely stomach should not be filled with heavy, oily, concentrated food, as if it is a tiffin carrier. Aiming at avoiding hunger till the next meal-time is never good. A hurried eating should be avoided.

d) Prevention of stress:

Once again, 'Prevention is better than cure' is very true as far as stress is concerned.

Stress is passed on from one to the others. This process must be nipped in the bud. Every one must learn the art of relaxation, rest and good sleep. A periodical break from routine life and work is essential at all ages. A coming back to nature's lap for rest is needed. Visits to rivers, seas and hills are highly rewarding rather than psychological treatments and drugs for relaxation and sleep. The value system where money is on the top must be replaced by higher values like the art, music, dance and literatures and social uplift of the under-privileged. An emphasis must be placed on spiritual values of self-realisation doing vipasana, yoga and meditations etc. The modern electronic gadgets

though badly needed in life, slavery to them must be avoided right from the childhood.c It is better for children to develop friendliness with other children in the neighbourhood.

Subramania Bharathiar has his own version about stress to advise us:

‘What is gone in the past will not come back to us ,you foolish,
Don’t always cry over the past.
You must take note of what is gone wrong
You must think that you are reborn today,
Sing that you have a strong heart.
Eat,play,be joyful, today you have reached heaven.’

VIII. FOOD FOR HEALTH.

Our body has a quest for health always.We must take it seriously to let it learn on it’s own through our feelings and experience surely as for as food is concerned. What may be good and agreeable for some, may not be agreeable to others.It is a very sensitive topic for discussion and only guidance may be given at the right stage for changing one’s life.

Food that we choose to eat, plays a major role in health for ‘we become what we eat’.What we eat, if ‘live’,we must be conscious of what we are and we must converse with them and they will become part of ‘Us’, higher beings than them. I have no word to write about the dead, guilty food. We must take care that ‘we eat to live and not live to eat’.

1.Why should we eat?

We are in need to eat in order to live and grow our body as Thiru Moolar sings in Thiru Mandiram;’I know the technique of growing my body and thereby my life’

We eat to be happy for, there is a certain pleasure associated with eating.Leave alone the ‘sweet’ and ‘fat’ foods.

We are happy to share our food with others, for we are a group of social beings.That is why the social,cultural and our religious functions are all associated with sharing meals.

2.When should we eat?

Our body intelligence has evolved a beautiful system of digestive organs which are engaged from birth till death to digest the food we give to it and to absorb only what is needed and to reject the waste materials, comparable to a huge but delicate factory.This system works for all the 24 hours of the day without our ever being aware of it, unless until it gets disturbed by some reason or other and reacts to it badly.So we are in a compulsory position of knowing the structure and

functioning of this marvelous system so that we help it rather than putting it under stress and create diseases for ourselves. We must learn about how chronic diseases are formed by practicing unhealthy, bad food habits and how to prevent and find solutions on our own to remedy them, so that we do not put ourselves in a 'doctor-dependant' position.

Those who own a vehicle or an electronic gadget should learn about it. Otherwise one must search for the help of a mechanic and put it in the workshop. That is what is happening to us recently. We frequently go to the doctors for help and put ourselves in the hospitals at the ordinary or emergency or intensive care unit and take the medicines prescribed and undergo the surgical procedures at a great cost if needed.

Our great Siddha physician Thiru Valluvar 2,500 years ago has written Thiru Kural, 1,330 poems in this book for all ages, has emphasised in 2 short lines:

No medicine is needed for our body 'Marunde vendavam yakkaikku,
Arundiyathu atrathuthu potri unin.

if only we eat a meal only after having passed out what we had eaten earlier'

Truly it is a golden rule that every one should follow it, if we desire to be healthy. He emphasises on the waste disposal by the body. Today the most modern doctors of the 'Natural science' say after a lot of clinical researches in a book called 'Fit for life' by Harvey and Marilyn Diamond. They also emphasise that it is the waste- accumulation in the body which is the only cause for our body to succumb to any disease. It is manifested by different ways and the medical world names them as differently as 'heart diseases', 'coronary arterial disease', 'chronic arthritis', 'renal failure', 'liver failure,' 'pneumonia', 'obesity,' 'diabetes' etc. But the cause is the same- 'the accumulation of toxins' the so called 'toxaemia.'

The golden rule in all the countries is that one should eat only when hungry and also only the minimum and of only least number of items and this is the best way of eating for good health. In all the religions of the world, fasting is prescribed before important religious festivals and even once a month or once a week. The Jains are very famous for this, for they are very regular and stringent about it.

Among the natural scientists in India there is a wise saying such as:

If some one eats once a day, he is a yogi (a disciplined person)

If some one eats twice daily, he is a bogy (one who enjoys life)

If some one eats thrice daily, he is a rogy (diseased person)

If someone eats four times daily, he is a dhrogy (a traitor to himself).

3.The body cycles:

According to the Swedish scientist Are Waerland and psychologist Gay Gaerluce, 'the human's ability to deal with food relies upon the effective functioning of the three regular daily cycles.'

1.Appropriation (We take food consciously in the after-noon) 12 noon-8P.M.

2Assimilation (We absorb what is needed unconsciously in the night) 8 P.M.-4 A.M. and

3.Elimination(We expel what is not needed consciously early in the morning) 4A.M.-12 A.M. noon.

Though all 3 functions overlap each other and go on at the same time to some extent,each is more intense during certain hours of the day,as has been studied.

When had dinner late at night, awoken in the morning, with a coated tongue,one feels 'drugged'for the assimilation cycle that precedes after food has left the stomach has been thwarted. Stomach needs 3 hours to evacuate. When eaten late,which means the assimilation cycle is stretched far beyond it's limit.You have postponed the assimilation cycle into elimination cycle.

The regular 8 hours cycle has been thrown into turmoil.

During the time of elimination, we have the next meal, a 'heavy breakfast'.

'Elimination'means the removal of toxins from the body which means losing of excessive weight also'.

4.Theory of metabolic imbalance;

'The human body is finely designed to stay in balance in terms of 'tissue-building,'the 'anabolism'and the 'tissue-breaking down',the 'catabolism'.An excess of one over the other is 'imbalance.'In 1926,in his book, 'Toxaemia explained', he explains specifically,'why one gets fat.'He says 'the toxins are the fore-runners of fat and obesity. Toxaemia is produced by the irregular process of metabolism.

Our body is at hard work,the 300-800 billion old cells per day are constantly getting replaced by new ones.These old cells are toxic that means poisonous and must be removed by the body through 4 channels of elimination which are the bowels,the bladder the lungs and the skin.The toxins must be removed at the rate of production. For this elimination process,energy is needed.If you are aware, the very fine job of expelling toxins take place through the eyes,nose and the mouth.A fine white coating is observed over the tongue.

The second way of toxaemia is from the by-products from food that we eat 3-4 times per day.which are not properly digested,assimilated and incorporated into the cell structure.

5.Alterng our food from nature.

Only the human beings have the most peculiar habit of altering everything we eat from the original state before we eat. Rather than sufficient quantity of eating fresh food, a major portion is processed. Even if not processed to death before we get, once we put our hands on it, we alter by some way or other. We fry, boil, stew or stew which kill the living food.

Our intelligent body is not biologically adapted to deal with so much of altered food. The by-products of its incomplete digestion and assimilation form a certain amount of 'residue' in the body which is toxic. Our system is over-taxed on a regular basis. This toxic materials get accumulated and this building up of excess translates as 'over-weight.' Adding to the problem of toxicity, system is acidic. In order to neutralise, the system retains salt and water, adding more weight and bloat!

Our body ever attempting to maintain its integrity, the waste materials will not be stored in vital organs to begin with. It stores in the fatty tissues and the muscles. About 7\8 is stored in the thighs, buttocks, waist, upper arms, under the chin and as a uniform layer under the skin, take note of it, in places wherever movements are minimal. About 1\8 is applied over the internal vital organs like the heart, lungs, digestive organs, the renal system, the female reproductive organs and the abdomen. A 'pot-belly' is formed in due course of time! The muscles over the abdomen accommodate it by stretching to the maximum.!

So, 'obesity' is not a mystery unravelled or an 'out of control phenomenon' but we understand it fully and scientifically and the only thing is that we must be open to this scientific knowledge and throw off some irrelevant old gospel truths about food and accept the functioning of body in the new light of understanding. The weight could be brought under control at any time, if one wishes it! We must realise the importance of elimination system, which Thiru Valluvar has emphasised 2,500 years ago.

So, an eating style that accommodates a good taste, satisfaction and joy must be designed by ourselves and strictly adhered to that schedule with heroic determination! Thiru Moolar suggests praying to Lord Shiva to help us in this endeavour! All can pray to Lord Suriya, the lord of universal energy!

6. What should we eat?

The wild animals follow their instincts which we have lost due to our thinking brain, civilisation and accepting a global culture. The wild animals strictly follow the jungle rule of the carnivores eating the herbivores alone and not the other carnivores. The herbivores eat only the grass and the leaves. There are some omnivores who eat all.

The origin and the end of man are different from those of animals. He has no sharp claws and teeth and a short acidic stomach and enzymes to digest tough raw meat. He has soft hands to pluck fruits and small teeth for biting and flat teeth for grinding and a long circuitous intestines for slow absorption. Meat food are protein concentrates with no water and fibers.

The Western scientist Albert Einstene says; 'According to my opinion, it is better those who eat meat to switch over to a vegetarian food, for it would do good for them as well as the whole world.'

Dr. Arnold Ehret in his famous book 'Mucus less diet healing' writes 'After I travelled with my friend to many countries like Italy and then by boat in the east, Egypt, Palestine, Turkey, Rumania and through Austria and returned to Switzerland. We studied their food habits and health. I really hate the Western food habits which are really very 'extra vagant' and harmful and as a result I have lost the confidence I had on the Western culture and I hope that I am taking a correct direction in my research.'

So we must be open minded and be ready to throw off a few ancient myths about food which we may believe as gospel truth just as we have thrown off the concept that the sun is going round the earth. Even now if we watch the sun from the morning till evening, it still seems that the sun is going around the earth.

7. A few myths about food:

We need to throw off a few myths about food and accept a few new teachings:

1. The system of calory calculation was done when Roosevelt was the president of America, he wanted to know how much food a soldier should eat when he works heavy during war times and when he was not working so heavy on ordinary days and it was calculated for them. It is not suitable for us. But it is still followed by the medical colleges and colleges of nutrition and by all now in the whole medical world. Starches are calculated to release 1 calory of energy from each gram when it burns, proteins 6 calories per gram, fats 9 calories per gram and fibre nil.

2. The way food materials are divided into 4 main groups and the calory release of energy from each type of food is not static, for the body intelligence can change one into the other whenever needed for example glucose into glycogen, stored in the liver and glycogen to glucose when needed and to fats and fats into glucose and vice versa. The same way proteins are changed to amino acids and amino acids to proteins. There is an amino acid pool in the system from where they could be reached whenever needed and so proteins need not be taken at every meal and each day. Protein-digestion takes a long time and consumes more energy and a lot of nitrogenous waste materials are

produced also ,which must be eliminated by the kidneys, there by causing their over- working and failure.

3.The animal proteins alone are not the body-builders. It is the amino-acids that are the protein-builders and these body-builders are found plenty in plants. They are the building blocks of proteins.There are thousands of them, among which 23 are ‘essential’ and they are of plant origin.The heftiest and the strongest animals like the elephants,the yak and the chimpansies are all plant-eaters.Now we are eating too much of animal proteins that we have reached a stage of ‘protein-poisoning’!

4.It is the starch alone that releases fuel for the body and fats and proteins can not.They have to be changed into glucose which is a tedious process which consumes too much of energy. For immediate energy release,it is the fruits that are digested quickly with very low fuel cost and they release energy immediately.It is burned clean without any waste at all.

5.It is a very tedious process for the body to absorb fats,break down and change into glucose at a very high cost of fuel and the same process is taken in the reverse for release of energy also at much fuel-cost and these processes throw out a lot of unwanted waste and taking more than 12 hours for the system to work and yet not clean burnt.If taken in a badly combined meal with other proteins,or fats or and carbohydrates, it takes more time, at a lot of fuel-cost and hence,followed by exhaustion.

VIII FOOD FOR HEALTH.

1.Starch food:

In the east,much of starch food is eaten and in the west may be more of meat food is eaten.Starches are complex carbohydrates,sugar, linked in chains.When we take starch,our body burns them clean ,releasing their stored energy. The end products are Co_2 +water.High quality fuels made by solar energy by plants, the foundation of body’s energy economy, almost instant energy.Starch is ‘premium food, perfect food, easily digested and assimilated.’

In our country,as long as minor millets produced organically were eaten at longer intervals, diseases were much less.It is only after the ‘green revolution’ when wheat and paddy production reached it’s peak,more of these were eaten as staple food and also at more frequencies, diseases are produced.Diabetes resulted in Tamil Nadu and Punjab and are leading in that.Now an awareness is growing about the value of organically produced minor millets which contain more fibers than rice and now their cost is double than rice.

The tubers, growing under ground such as tapioca, potato and sweet-potato are similar to cereals in starch content and no lack of fibres and our Siddhas strongly discouraged eating them except for small diascorias called 'karunai' meaning mercy. They discouraged eating ripe bananas for the same reason. They permit eating immature ones where the starch is much less and skin is thick with more nutrients.

It is better to add more of green vegetables to the starchy food so that constipation and other following evils are prevented.

Cereal food is mucus-producing and obviously the major millets lack in fibres and some available in minor millets. All the same, when roasted, this quality changes a little.

The habit of eating fast food, mostly of starch and cheap chicken by youth is creating health concern in the country.

2. Meat-food.

A few facts about meat food;

Meat industry in all the countries are commercialised and politicised for the profit of a few who care more for money than human ethics and their well being. The animals and birds are treated with cruelty before killing them. In the ritual of slaughter, before it was killed in 'kosher' manner, the killer communicated with the victim, tranquilising it into a quiet death so that the flesh was prevented from becoming disagreeable and noxious by 'chemical fear'. A lawyer, M. Mukilan who spends his lifetime creating an awareness against cruelty to cows has written a book in Tamil by name 'Amma ..a..a..a..' wherein he graphically describes the cruelty meted out to them for the goodness of meat and skin. These are skinned alive and the gut gets cleared and cleansed off with steaming hot air and water.

In the countries where ducks are in demand, these are forcibly fed with about 5 kg. of food ball made of grains and meat into the throat with sharp objects in order to fatten their livers as if it is all their worth. Any way non-vegetarian food is a guilty- food for if not we, someone else is cruel to animals on our behalf. For eaters also it is a guilty- food, and there is no doubt about it.

In America, may be true also in other countries, meat industry is commercialised and politicised and too much of it is produced. So much so, it is not eaten fully and will never be eaten also, but languishes in the cold storages to be thrown out when get rotten. The economy of some countries are sliding down badly for the cost of meat production is high, 10 times more than that of cereals and all that are produced are not cashed out immediately.

When a large population of cattle are reared in farms, under-ground water is depleted and global warmth is raised which trigger natural calamities.

Care needed if meat is eaten;

Extreme care is needed for zoonic diseases are spread with meat food for example, 'mad cow's disease', 'small-pox', the 'blue tongue disease' from goats, 'swine flu', 'bird's flu' 'tuberculosis' and 'brucellosis' etc.

The farm animals are fed with anti-biotics and hormones which in turn affect the consumers.

3. Chicken food and eggs, a stinking guilty- food;

For our sake of eating plenty, chicken are genetically modified to enhance the and to soften their meat. For more egg production, their normal living in families with a cock and their beautiful young ones and hatching the young ones on their own hereditary ways and living free are not permitted. These are hatched out of artificial electrical incubators within a short time. As one-day old chicken, sexes are separated and male ones are culled out. The females are doomed to live in very small enclosures for a short time only.

The meat - chicken are called the 'broilers'. Their life time is determined to be 28-40 days within which these must gain a weight of about 3kg.s. That is their lifetime task. So they are forcibly fed with artificial concentrates of high proteins, growth hormones and antibiotics for prevention of diseases. In total 12 chemicals are forced into them. The tip of their beaks are cut off in order that these do not behave as cannibals and kill each other by pecking at each other in their crowded unhygienic, bad living situations, behind metal bars!

The 'layers' are enclosed in special cages for eggs to roll out without damage. They are under artificially lighted conditions both day and nights. These are also forcibly fed with artificial concentrates and 12 chemicals meticulously. They are fed through one end and lay eggs through the other end. These eggs contain no embryos. Once these served as egg-laying machines, these are also culled out and are treated as meat-birds but their meat is bound to be tough unlike the 'broilers'.

In countries where ducks and turkeys are in demand, in order to fatten their livers, about 5 Kgs. of fat and cereals are force-fed with some sharp instrument into the throat, which are sometimes regurgitated and the birds suffer. Seeing or hearing about such inhuman treatment, many become 'vegans' which means that they are strict vegetarians in eating and do not touch honey, pearl ornaments, and do not wear silk wares and leather footwear.

d) Fats:

Fats, like carbohydrates, contain carbon, hydrogen and oxygen and also do not burn clean. But those fatty-acids require more energy to assemble and to break down to release energy. These are calorie-dense nutrients with 9 calories per gram, almost twice more than proteins. Human beings tend to like fatty foods. Many of them have 'fat-tooth' in addition to 'sweet-tooth' and this is the legacy of evolution. A rich fatty food gives a pleasurable feeling in the mouth.

When we take chicken meat and eggs, we also receive all these 12 chemicals unavoidably and we are badly affected by it. When we need to take anti-biotics for some other serious health problems, they do not act as we expect.

In the males:

1. Men are pushed towards infertility and cancers due to hormonal imbalances.

2. A high concentration of fats lead to a high bad cholesterol in the blood, resulting in obesity and all the accompanied diseases like the heart diseases, chronic arthritis, and constipation and its consequences, piles and hernia of intestine into the scrotal sac and cancers can be formed at any part of the gut.

3. When taken with other proteins in a bad combination, the problems of digestion may result. Daily eating is inviting trouble to ourselves because of our 'fat-tooth'.

In the females;

1. The children reach puberty at earlier years than before and are followed by psychological stress.

2. Hormonal imbalances lead to unnecessary disturbances of menstrual cycles and a growing rate of infertility and complications occur during child-birth.

3. An increase in fats leads to obesity and all the other outcome of it as in the males.

4. Prolapse of uterus, aided by constipation and piles is commonly seen.

5. Osteoporosis occurs wherein calcium leaves the bones, small holes are made in the bones and fractures follow very easily at the slightest hitting or fall.

6. The infertile eggs containing sulphur, stink badly. Whether our intelligent system accepts these is questionable. It is very difficult to digest, take more energy and toxin-formation and accumulation are common, leading to obesity.

4. Fish food, dead-food:

One more gift from nature is the abundant proteins from fish food. But unfortunately all the countries in the world compete with each other in polluting the seas. An unaccountable amount of non-degradable plastics reach the seas through the rivers. As a consequence, even more fish float

dead in seas of all the countries now and then. The dead fish are so much that it becomes a problem for disposal. All the sea-livings suffer lack of oxygen for their survival.

After catching fish already dead, fishermen dip them in a harmful chemical called formaldehyde in order to prevent further decaying.

Fresh water fish have more chances of shallow water pollutants.

In Africa, wanting to catch fish from the rivers in a hurry, some people pour pesticides over the water and collect the dead fish easily. Even when the consumers complained of vomiting, diarrhoea etc. they were not able to link the two!

Food-chain linkages:

Through 'food-chain' linkages, big fish eating the small coastal fish collect a lot of toxins in their bodies. Big fish eaten by man, also bio-magnified, gives him the maximum pollutants there to stay, for he is the last point of evolution and the food-chain, there to cause endless diseases to this generation and also to the next generation!

Salmons, sardines and herrings are much safer and they offer 'omega 3' also.

Blue fish concentrate mercury in their bodies and are very harmful.

Eating raw fish as in some countries also are very dangerous, for they contain worms living in them.

Dry fish was prepared earlier only by adding sea-salt and drying under the scorching sun. Now with adding of artificial chemicals like formaldehyde, it has become quite risky to eat once in a while even. Due to a content of heavy salts, it has become a very unsafe food. An increase in salt retains water in the body and this leads to an increase in blood pressure, obesity and renal failure.

Shell fish;

a) Mollusks, mussels, snails and oysters are riskers for coastal feeding toxins and pollutants.

b) The crustaceans the crabs, the shrimps and lobsters are seasonal. They are in the food-chain eating smaller fish and other organisms with marine pollutions. But their feeding tube and the gut must be removed when cleaning, for they contain maximum pollutants.

5. Fats and oils:

For many people, 40-50% of calories come from fats which is not healthy. Only 10% will be sufficient. Fats differ in combination depending upon which fatty acids predominate. 'Saturated' fatty acids are for example, all animal fats, coco-nut oil, palm-oil etc. become opaque and hard when put under refrigeration.

At the other end of the spectrum are poly-un-saturated oils which are many vegetable oils which stay transparent and free-flowing under refrigeration. Safflower oil is the most unsaturated of all the

cooking oils. Gingily oil, Sun flower oil, corn, soy, cotton seed, canola and ground nut oils are unsaturated and they are in the middle of the spectrum. Canola oil is pourable.

Olive oils become thick and translucent in the refrigerator and it is monosaturated and contains 14% of saturated fat. Better to use the 'virgin' oil which means the 'first-pressed' and in small bottles though more costly. Once opened, better to keep it in the refrigerator.

Over the past half century, evidence has steadily grown of the dangers of diets high in saturated fats. A major clue appeared during the World War II, when the supply of meat, eggs, butter, cheese declined sharply in the countries of Western Europe caught up in the war. As consumption of these foods dropped, so did deaths from coronary artery disease. After the war, when consumptions returned to normal, death rates also rose. Arterial diseases begin early in life. Autopsies of 18-19 year old soldiers killed in Vietnam War, showed in most of them coronary arteries had cholesterol deposit!

Poly-saturated oils when heated, become 'Trans-fatty-acids' (TFA) and it is not needed for the body. It becomes toxic and we become predisposed to diseases.

Main source of TFA is margarine, solid vegetable shortening partial with hydrogenated oil. Both saturated and unsaturated TFAs can harm us. Reduce them. Only 10% of calories need to come from fats.

It is better to avoid commercially baked goods like the much creamy cakes, cookies, chips and crackers. More than harmful fats, allergy and food poisoning are more common.

6. Proteins:

The chemistry of proteins is much more complex than that of carbohydrates and fats. Proteins are very important for living organisms. They compose many tissues such as muscles, skin, bone and cells and regulate many body functions. 60 grams of proteins per day are adequate for the body, but most people take 4 times more than that. Most frequent complaints are that of 'lack of energy'. It does not burn clean, but leaves 'ashes', toxic nitrogen which must be eliminated. The amino-acids flood in to the blood stream and liver. Liver has to work hard to metabolise it and also kidneys to flush out nitrogen from the kidneys with much more water. So, protein soon leads to liver and kidney damages. The diuretic effect drains body and leaches out minerals also and leads to 'osteoporosis'. Proteins aggravate allergy specially in children.

Proteins disturb the immune system and forms rheumatic and rheumatoid arthritis.

Vegetarians can combine cereals and vegetables like the beans and all its allies and it is known as 'complementary food' which improves the health and also the ecology of the planet. A large amount of micro-organisms from the gut are engaged in recycling cells from the walls of the guts.

Red meat is beef, lamb and venison.

White meat is chicken, veal and pork.

Eating animal protein, we are at the top of the 'food-chain' and hence get the maximum of all the pollutants, the pesticides and other poisons which all those in the previous chain links gather and bio-magnified. The huge sea animals which eat the lowest green algae get the minimum.

Cooking meat, does not remove toxins.

Herd animals have already devastated our landscapes and pastures. They have and are causing ground water-pollution and depletion. They cause 'green-house' effect and increase the global warmth.

A few facts about proteins and food-combinations:

The building blocks of proteins are amino-acids, about 200-300 thousands exist in nature, among which 23 are 'essential.' Amino-acids of plant origin are more numerous than those of animals. The essential amino acids are of plant origin. Human digestive system is not meant for digestion of cooked animal proteins. The process of digestion is made more complicated by bad combination with other proteins like the egg, fish and carbohydrates like rice and wheat which contains gluten also. If water is taken on the top of that, the digestive juices are diluted and made ineffective. The stomach tries its best to churn around and grind. Yet the food is delayed more than 12 hours in the stomach and 24 hours in the bowels. By then the food becomes acidic, rotten and putrefied. A lot of bad smelling gases are produced which bloat the stomach. Regurgitation of sour liquid comes to mouth from the stomach, and pain starts.

As remedy many people swallow ant-acids which are readily available in their pockets.

It is these ant-acids that are the most unprescribed medicines that are produced and used all over the world, which proves that a vast majority of human population suffers from wrong way of eating.

The combination of food items in a meal:

The combination of food items in a single meal is of utmost importance must be carefully analysed and chosen. We must take care not to get 'protein-poisoned.' The process of digestion must not be made into an undue labour for the digestive system. The accumulation of toxins must be minimised.

We must eat only one protein at a time ,for example chicken must be eaten alone.We must get out of the habit of mixing it with rice,chapathy,bread and noodles etc.or with meat,egg,and fish etc..Each one must be eaten alone in a meal.The remains of one cooked meal must not be kept in the refrigerator and eaten with the next meal and next day.It definitely leads to protein-poisoning and also commonly occurring food-poisoning after some party celebrations.

Sports people who need a lot of energy for their performance should not aim at meat diet for the immediate energy-release, for meat takes 24 hours for digestion.It is the carbohydrates that release energy after 8 hours and it is the fruits and fruit-juices alone that release energy after one hour or even less. When body building exercises are taught to the sports lovers, all the possible intelligent ways of eating also should be made a part of it and definitely wrong guidance are not tolerable. Let us not overlook nature's lesson that the strongest and heaviest animals are all invariably vegetarians.

Love and enthusiasm of sports should not end up in renal and liver failures due to unlimited non vegetarian diet intake in the long run. Let us be healthy 'human'first and then only sports-heroes, for laws of nature are very stringent and they cannot be bypassed out of ignorance and greed.Amino acids, specially those from plant origin are the best body builders and no denial of this nature scientific fact will help us how ever much people wish and advocate otherwise.

7.A few facts about milk:

In America, only 6% of people do not take milk in their diet! And they are called the 'vegans'. Like meat, Milk also is a political,commercial issue.The use of milk and milk-products from the cold storage increases and so also the diseases related to it. Milk is killed by pasteurisation. The reality is that the two enzymes, 'renin'and 'lactose'necessary to digest milk, are absent in our bodies by the age of 3 years.

Casein is a chief content of milk which is rather very tough for digestion, good sticking agent for wood-work but get entangled in all the machineries of the body.The bowels and lungs get coated with mucus and hinder their performances.Mostly children on milk diet frequently suffer from colds, fever and suffocation etc.

Of course cows are fed with anti-biotics and hormones which in turn affect the consumers.

The toxemia that is created in our body is mostly due to milk and milk-products which are acidic except for butter which is neutral.

The advertisements and the medical world's recommendation is that milk contains a lot of proteins and calcium which are good for growth.But unfortunately proteins are very difficult to be

digested specially with other food materials and consumes a lot of energy for digestion and causes a lot of accumulation of toxins thereby causing 'toxaemia'.

Dr.M.Walker,109 years old. written a book'How to lose weight by natural ways'and who has done a lifetime research on ductless glands says that 'milk is the cause of thyroid problems'. Arnold Ehrett says that we are happy to see a plummy baby of 6 months old 'but it is an accumulation of milk -waste materials.'

Milk is causing so many harms to the body and worst of is that it does not get excreted easily for it is very sticky and a lot of fuel is wasted in this process of elimination.

You may have seen some people clearing their throats early in the morning,putting their fingers in their mouth and making a lot of sounds,be sure these are milk consumers.

Calcium is considered very essential specially for bone growth. But compared to breast, cow's milk contains 10 times more calcium.But unfortunately we lack the needed enzymes after the age of 3 years and also the calcium is not in the form for absorption by our body.

It is advertisements that say yogurt is a very good remedy for any problem of digestion. In reality, it is the numerous bacteriae in our guts who help us.

Some beautiful advertisements show a group of tribals who live upto 130 years because of eating yogurt is a joke,for these people may not have even seen yogurt in their lives!We must be critical. These people lived long because of their pure environment,less food-eating habits and daily hard work.

Inspite of so much explanations from doctors who are interested only in the good of common people,if some one still wants to eat milk and milk-products,take care;

- 1.The worst food in the world is milk
- 2.Milk could not be digested with any other type of food.It gets rotten with fruits very well.

SOME USEFUL TIPS:

1Cholesterol ;

Cholesterol is of 2 types. a) the LDL means cholesterol of low density, and are 'bad'.

b) HDL means cholesterol of high density, and are 'good'.

It is better that the total cholesterol level should be below 180 mgms. in our blood.

2.Cooking:

The day when man started cooking, diseases also started and the teeth started decaying',so say the archeologists in the world..

The cooking gas causes internal pollution within the houses and accidents must be carefully avoided by careful frequent checking.

Micro-waving affects the growth and development adversely. Leaking must be frequently checked. Cooking main dishes in it must be avoided. Plastic containers and silver wrappers better be avoided. Glasses and ceramics are better.

Cooking in aluminium, stainless steel which contain nickel and iron pots can cause serious problems, for the metallic content can enter the food when heated excessively.

Glass pans are better and a high quality non-stick vessels may be better.

Deep-frying is bad, better not to smell the smoke emanating from oil. Stir-frying is better.

Boiling is better than steaming and no cooking is the best.

Avoid oil from becoming brown and still worse black, emanating fume. Never repeatedly use the same oil for cooking..

8. Fruit food is royal food.

a) Introduction of fruits in our diet:

Mothers should take care for their children when breast-feed weaning stage to decide on good natural alternatives for breast milk, for cow's milk and formula-milks are not the right substitutes as many are impressed. Fruit juices and pulp are indeed a blessing from nature. Tender coconut water is a good substitute. Families need not be afraid of children getting cold for these contain high amounts of Vitamin C which in fact should save them from cold and other breathing disorders. An exposure to early sun rays is very essential to begin life with nature during when Vitamin D is produced by the skin which is associated with the absorption of calcium and phosphorus also.

We can be sure that all like fruits. But some drag on and say that 'fruits do not like them.' That is because of wrong way of eating which is of combining them with other types of food like cooked food and at any time when stomach is not empty.

Fruits are nature's gift, guilt-free, safe, natural, cold food.

Fruits are of different attractive colours, flavours and tastes and something may suit some body.

Fruits quench thirst, giving immediate release of energy whenever we need, within 30 minutes of eating or drinking due to a high content of live glucose and fructose. For digestion, these take a minimum time and fuel. There are no waste products and no toxins left for clogging of digestive system for these contain 70% of water just as the living fluids of trillion of cells of our body.

Fruits contain large amounts of all vitamins and minerals and give a vibrant health.

Fruits contain so much fibres in them that these prevent constipation and relieve immediately even if it had been formed earlier.

b) Contents of fruits:

Water 70%,fructose,glucose,starch,amino-acids, vitamins,minerals and fibres differing from fruit to fruit. It is claimed that the Amazonian fruits camu-camu contain 30% more of vitamin C in them, the highest among all fruits, it is claimed. Amla may be similar.

Our South Indian 'three fruits' - mango,jack and banana contain a high amount of starch in them and not advised for diabetics. Bananas are mucus-producing also and so, not advisable for children.

c) Care to be taken about fruit diet:

Fruits and fruit-salads must be taken only on empty stomach, alone by themselves. It's values are all lost, if mixed with other cooked, concentrated food.If one wants to change to a fruit-diet, could try so until 12 noon, till the completion of elimination cycle.

Production must be organic for the presence of high content of water in these, there is a higher chance of storing a lot of pesticides.

Fresh fruits must be searched for and not the imported ones, kept in cold storage,and transported from far.

Fruits from natural forests, the wild ones are of high value for example zyzyphus, dates and some berries etc.

Fruits must be just enough ripe and not over or under.

Fruits must be eaten with their skin as in apples and with the white underskin as in oranges, for flavinoids are there and are needed for our health.

The fruits' juice,pulp and skin make a very good natural external application for face, for a glowing skin.

Fruits have the capacity to prevent many diseases like cancers because of high content of vitamins.

For women, fruit diet helps in easy and regular menstrual cycles, conception,pregnancy and easy delivery.If taken adequately there is no need for any food-supplements of calcium,vitamins and minerals.

d) Dry fruits are equalent to lumps of sugar. Commercially sold fruit juices cotain too much of sugar and preservatives to be good. It also creates addiction and craving among children.

e) Cooking fruits;

In Tamizh Nadu, in some T.V.channels some cooking competition programmes are conducted for advertisements for which some cooks and house-wives fall in queues. In one such programme, some one cooks jack friuts, after removing the seeds which are already very sweet and tasty with an irresistable unique flavour. Even when we eat a few pieces, it makes a very fillng meal.Nevertheless here,the jack fruits are cooked, ground in the mixy jar with a lot of sugar,ghee,cashew nuts and kismus,made into payasam(a thick sweet drink) or made into small balls and dipped in chenna flour and are deep-fried. The judges taste these and appreciate much in flowery language and offer gifts like the mixy grinder and packets of ghee, refined ois etc.Phtographs are taken and all are happy.There is something to be proud of and to brag about for the winner house-wivse.T.V. channels receive comments from other house-wives that this programme was wonderful and very useful which they would certainly try in their homes etc. Advertisements for the companies of mixy grinder and other articles were well-done, no doubt.

But what had happened to the sweet, live jack fruits with a very good flavour,taste and fibres?

All good things,the life,vitamins.minerals, flavour and taste were killed.Unnecessary empty calories had been added. Ghee and oil make them difficult to digest and it has become a harmful craving food itom.A lot of time and gas had been wasted.

And what has happened to the body of people who ate?

Sudden eaing of very sweet food itom puts the digestive organs under an 'emergency' situation and a stress and a lot of insulin is secreted,the pancreas being stimulated.The bile secretion also is triggerd to pour more bile into the duodenum.The stomach finds it difficult to grind.It takes more than 12hours for getting down the stomach. A lot of gases are produced and also takes a lot of fuel has been used for digestion.Acidosis and regurgitation take place. Ant-acids are readily swallowed with no relief. A lot of waste materials are produced.Fuel being not adequate, it is not expelled. But get accumulated in the body which is the beginning of obesity, followed by all her children -diseases like arthritis, increase in cholesterol to heart diseases. An increase in blood pressure and renal failure starts.Too much of sugar leads to get transformed to glycogen in the liver and liver gets damaged easily leading to disfunction. Calcium leaves the bones and osteoporosis takes place and get easily fractured.Constipation is created with her children-diseases like the piles,hernia and

prolapse of uterus etc. We are left fatigued with no energy to work. A craving for more sugar gets coded in the genes also for the next generation.

9.GREEN VEGETABLES AND GREEN LEAVES.

Green vegetables and green leaves are one more gift from nature.

Berkster, a natural scientist says in his book 'Secret life of plants,' 'It may be that a vegetable appreciates becoming part of another form of life, rather than rotting on the ground, just as a human being at death may experience relief to find himself in a higher realm of being. This brought the possibility that plants and succulent fruits might wish to be eaten but only in a sort of loving ritual with a real communication between the eater and the eaten, somehow akin to the Christian rite of 'communion' instead of a heartless carnage.'

It is Bovis and Simeneton, two more natural scientists's thesis is that 'human beings should eat fruits, vegetables and nuts alone which give off radiations higher than their own normal 6.500 if they will to energise themselves and feel happy.'

They believe the low radiance foods, such as meat and bad breads instead of bringing vitality to the body, sap the body off and that is why one can feel heavy and devitalised from a meal one is expected to replenish one's energy.

Vegetables are valuable for they contain plenty of water, amino-acids, vitamins, minerals and fibres which are all needed for a smooth digestion and glowing health. From these amino-acids, proteins are built up. Muscles in the body grow substantially. The leguminous pods like the beans contain special amino-acids and they make wonderful 'protein-complements.'

Some could be eaten raw but not the way most people eat as salads with a lot of dressing on it and just as a part of other food. It makes a bad combination and no benefit from these as when eaten alone. Care must be taken not to overcook under pressure. If done so, most live vitamins and minerals are killed and we lose their special benefits of fibers. The fibers are of 5 types, the cellulose, lignine are in wheat bran and others the hemi-cellulose, pectin and gums are present in different vegetables and they can lower the cholesterol level in blood.

Capsicum, black pepper and other curry-masala ingredients like clove, patta and two types of jeera lower the cholesterol level in the blood.

Habitual vegetable eaters practically never suffer constipation and its other linked diseases.

10.SEEDS AND NUTS.

Seeds like channa, green gram, horse gram and cow peas are packed with high amount of special amino-acids and these are equalent to meat food and our body builds up good protein out of these.

There is no doubt about this truth. It is better to eat them with skin. The sesame seeds contain special amino acids. The horse grams are good and better if sprouted for the proper functioning of the thyroids.

When these pulses are sprouted, the values are high because of the release of 'bio-dynamic energy'.

Seeds of jack and tamarind contain high amounts of starch and proteins and could be used as food.

Nuts like batham, walnut have high amounts of amino acids and cashew nuts contain more fats. When oils are extracted from oil seeds like sesame, ground nuts, sun flower seeds etc. we must take care that these are highly commercialised and mechanised extraction, for a lot of good things like the fats, proteins, vitamins and minerals are removed and are named 'refined' and advertised high. In fact these are pauperised (empty) versions of oils. Small amounts of good oil is needed for the body, specially for the joints. So, manually or wooden pillar extracted oils and not with metal must be preferred for their worth.

For good health, it is good to use much less oil. Some cooks and house-wives equate the taste of cooked items with oil. Some wrongly think that more the oil and masala, more the taste would be. By deep-frying, we make it difficult for the digestive organs to digest and absorb. A higher amount of fuel is needed for digestion and absorption and a lot of waste materials are released which also need more fuel for expelling. So the body needs more energy for digestion than the energy released from such food items. What is the consequence? We are left more fatigued and fagged out after a fatty meal. In the long run laziness and a craving for white sugar develops.

The brain suffers lack of glucose for its functioning. Our trillion cells in the body beg for glucose, water, vitamins and minerals. Thus our intelligent body is put under 'distress' and 'disease'. Obesity and all its linked diseases follow in a queue.

11. MEDICINAL PLANTS.

All over the world, people have been following their own traditional medical practices till they have taken a jump into the magical alluring effects of allopathic medical system. Even now many countries are taking care not to lose their traditional medical practices. Countries like China are trying to spread them to other countries also. We have very sound practices in our country which if we care to follow, they will help us to heal ourselves from minor ailments. Our doctor-dependency could be reduced if we know our body and have confidence in the wonderfully healing system of our body and our traditional medical practices.

It stuck Simeneton that the therapeutic marvels attributed to herbs, flowers, roots and barks might not be simply due to their chemical contents, but the healthy wave lengths they radiate.

Paracelsus, his follower Edward Bach rebelled against the idea that medicine should be painful and unpleasant. Bach believed that plants with their high vibrations were able to raise the lowered vibrations of human beings. 'Herbal medicines' have the power to elevate our vibrations and then draw down spiritual power which cleanses the mind and the body heals. With herbs and flowers in the presence of which diseases would melt away as snow in the sunrise. 'As for him, the wild country flowers of *Agromonia eupatoria* with its yellow flowers is a wonderful remedy for worrying. Chicory blue flowers remedy over-concern and provides calmness and serenity and Rock rose flowers alleviate fear and so on. He did his life time researches on flowers and human beings, so as to develop a healing system with his name and flowers 'Bach's flower remedies'.

Anaemia is easily prevented by eating all varieties of greens and Hibiscus flowers and they could be the best remedy also. Each green has a different medicinal property. The disturbances of digestive and frequent breathing difficulties also could be remedied with our kitchen kit of 5 sections. They could play an additional beneficiary role even if allopathy is followed for example diabetes. *Cassia auriculata* which is a wild shrub, its flowers, leaves bark and root are all helpful for diabetics and so also fenugreek seeds and its small plants.

For excessive menstrual bleeding during menopause, an extract or decoction of banana stem and flowers are of high value. There are wonderful medicinal plants that give a comfortable life to the affected. Some are life-saving for cancers and AIDS etc.

For poisonous bites, we have wonderful remedies which were followed in our villages for ages.

Even if someone is already disabled and walks with the support of a walking stick, he will throw that stick away and walk very straight and well if he takes ginger in the morning, *Tribula chebula* dried nut peels in the noon and dry ginger in the evening for 48 days, our Siddhas say.

Turmeric is a well-known anti-biotic, wonderful for glowing skin care.

Saffron is believed to give fair skin colour to the child, if pregnant mother takes with warm milk during the pregnancy period.

A whole lot of books have been written by experts on 'The use of medicinal plants' and are in use in some families where the mothers are knowledgeable and interested.

Our traditional healers are slowly disappearing as they themselves are allured by the seemingly fast healing allopathic medicines. Some try to sell Siddha medicines in capsules as an attempt to attract patients.

So it is of utmost importance that the values of medicinal plants must be realised and their uses must be safeguarded in our families in order not to become 'doctor-dependent'.

IX.ANSWERS TO SOME USUAL QUESTIONS.

Harvey Diamond answers some usual questions.

1.Coffee-drinking.

- 1.Caffeine is an addictive, a drug, linked with many maladies.
- 2.It is a stimulant to the central nervous system.
- 3.It increases the heart -rate and the blood-pressure.
- 4.Makes change in the diameter of the blood vessels specially that of coronary artery.
- 5.It causes disturbed sleep,restlessness and trembling of hands.
- 6.It causes diabetes.
- 7.It causes gastric ulcers due to caustic effects.
- 8.It causes cancers,specially in the pancreas.
- 9.It takes 24 hours for one cup of coffee to pass through the kidneys and the urinary system.It puts a lot of stress on the kidneys, leading to renal failure.Some one with a habit of taking 7-8 cups of coffee per day better to buy his own dialysing machine also.

There is no doubt that deaths due to renal failures is fast growing.

2.Soft-drinks.

Soft drinks are nothing but soft.Because of phosphoric acid,completely erode the teeth of enamels and make them soft as sponge.Dr.Royal Lee says that colas are loaded with addictive caffeine. Other carbonated drinks contain high salt and organic minerals which put a stress on the kidneys.

3.Chocolates.

The Theobramine cause damage to DNA in cells, causing cancers specially testicular artrophies.Every vestige of life and nutrients are stripped off, leaving only the deadly white sugar.

4.Wine in a meal.

Only some one from the board of wineries would say that 'wine in a meal is good'.Wine retards digestion.It causes fermentation.It puts a heavy burden on liver and kidneys, causing failures.

5.Vitamin,minerels- supplements.

We have managed without them for many centuries. Their manufacturing is one of the largest business in America.As for reports in Los Angels Times in 1983 it causes nerve damage, intestinal distress and fatal liver damage.All vitamins and minerels are found in all fruits and vegetables which are more than our needs.Our intelligent body rejects all that is man-made.Once vitamins

isolated, they lose their value and become toxic in the body. They need to be expelled through liver and kidneys on which they place a heavy burden and lead to their failure.

6. Table salt.

The Egyptians used salt for embalming the dead bodies. Let us take the hint. The salt taken by Americans is enough for embalming. It is a major contribution to high blood-pressure. It is caustic to sensitive inner tissues, severe affliction to kidneys causing nephritis, inflammation of the kidneys.

Many people consume every day coffee, tea, sodas, alcohol, salt and vitamins- of all, which must be excreted by the kidneys? No wonder many millions die annually of renal failures.

In India salt is iodised. But unfortunately, iodine is not in an available form for absorption.

Dr, N.W.Walker recommended sea-salt which is less processed.

7. Hypoglycaemia.

Eating fruits aggravates hypoglycaemia?

The possible symptoms of hypoglycaemia are 62. Emotional upsets, fatigue, exhaustion, confusion, gas-troubles, flatulence and low blood-pressure are some of them.

Fruits bear unnecessary criticism.

What exactly is low blood-sugar?

Food must have fuel-value. Approximately 90% of food must supply glucose, needed to carry out brain functions. Brain uses only glucose and does not use protein or fat. If in the blood, glucose level is low, it gives an alarm and this is the symptom of glycaemia. It is extremely rare to have a low blood sugar for our intelligent body can convert other resources into glucose whenever needed. To rectify it, add right type of glucose and this is fructose found in all fruits. Fruits must be eaten correctly on empty stomach.

8. 'Fit for life' programme diet during pregnancy?

'Fit for life' programme diet, definitely fulfils the dietary requirements during pregnancy. It is more than adequate. This will ensure an energetic, delightful pregnancy. Improper diet can turn pregnancy into an ordeal.

Milk-diet is a 'perfect' food for the calves and not suitable for most adults who do not have the enzymes renin and lactase to digest milk. It is bound to produce digestive problems due to its protein complement, the casein. Cheese contains 50-70 % of fat. Cheese-substitutes like those of soy and almond are better and also of milk.

Adequate calcium is available in fresh vegetables, greens and in nuts like almonds and in sesame seeds, where it is packed.

Sunshine is needed for calcium metabolism. The foetuses store calcium in their tissues and so a pregnant mother should take adequate calcium in her diet.

Do cows enrich their milk with milk? They eat a lot of grains and grasses for enrichment. A lot of folic acid is available in vegetables. Taking calcium supplements does not provide usable calcium. But frequently excessive calcium causes deposits in the placenta.

Some take vitamin pills as candy, but they are 'drugs' only and there are no 'safe' drugs in the world.

Instead of taking manufactured dolomites, sprinkle lime in your garden and grow green leafy vegetables which give you usable organic calcium. Eating this green leafy vegetables prevents; 1. insufficient calcium, 2. over-eating other type of food and 3. miscombining of food.

Pregnancy does not carry the license for over-eating. If pregnant women eat more and gain more than 20-25 Kgs. there is a chance of over-weight baby and unnecessary risks during delivery.

'Law of minimum' is always applicable for all and pregnant women are no exemption.

Once vitamins and minerals requirement is met with, any more must be eliminated as excess.

During pregnancy, certain items are harmful. The placenta is supposed to filter out many harmful substances ingested by the mother and protect the foetus. It is not at all effective to screen caffeine, drugs, alcohol, tobacco, salt, vinegar and chemical preservatives.

By following 'Fit for life' style, you are automatically protected from harmful influences. Let us be open for the sake of our future generation. There are no 'safe' drugs and can not be taken even when prescribed. Even now many pregnant women are prescribed 'Thalidomides' even though the world has witnessed the worst tragedy of having 'Thalidomide babies in the past. (Thalidomide babies had their hands stuck on to the shoulders and feet on to the hip.) The aspirins, pain-killers to tranquilizers carry with them the risk of all sorts of deformities and mental retardation.

Alcohol consumption during pregnancy leads to 'Foetal alcohol syndrome', a deformity of head and face and mental retardation. Coffee, sodas and chocolates and many drugs have been associated with 'birth-defects'.

Cigarette-smoking causes oxygen-depletion to the foetus which leads to low birth-weight and premature delivery and mental-retardation.

Being pregnant is a special time, needs special consciousness about the body. 'Fit for life' programmes ensure right food, fresh sunshine as factors for a healthy life and pregnancy.

X. QUEST FOR HEALTH.

Our body has a quest for knowledge and good health. We must be in search of such knowledge as to maintain our health. Out of ignorance, if we fall into the pit falls of wrong habits for example about eating unhealthy food in wrong combination, it becomes very difficult to get us out of it. Once obesity sets in, it is not very easy to reduce it, unless one develops a very strong mind to reduce eating, increase doing manual work or exercises and start on frequent fastings.

The great thinkers like Da Vinci, Einstein and Mark Twain say; 'What we know is but infinitesimal speck of what there is yet to know. The more we know, the more we realize how much we don't know. The enormosity of what is yet to be learned about the human body and how it operates is unfathomable.'

Open air, sun light and exercises, manual labour are inevitable for good health. All to be available in a useful way is organic production of fruits and vegetables in our home gardens making use of our own organic composts.

a) Man's life as Dalai Lama describes;

'I am most astonished about the 'man'

He sacrifices his whole life to earn money.

He spends all the money he earned in order to regain his health.

He dreams about his future, forgetting to live in the present.

So, he does not live either in the present or in the future.

He thinks he has no death and in the end he never lives but dies'

Raising oneself above an average man:

In order not to be such an average man as above, one must raise himself or herself above an ordinary life. One should 'aim at the star', must choose a definite high aim that one should live forever in this world even after a mortal death. Such extra ordinary people have walked before us. Thiru Valluvar and our Siddhas have lived 2,500 years ago. They have said that the earth and body are the same, when we reflect deeply. Whenever the five elements, the 'panjaboorthas' are disturbed, our body gets diseases and the earth suffers natural calamities which are recently on the increase due to global warming.

Aiming high, working hard with hope and perseverance are essential for success in life.

Thousands of people have aimed at climbing the mount Everest. Only Tenzing and Hilary reached first and planted our national flag up there gloriously. But imagine the number of people who have died for it!

Bhodi Buddha and king Ashoka realised that conquering the world with cruel wars does not help the humanity. They took a right about turn in their lives, renuntiated their thrones and started to live for people and planted trees for their benefits which put their names in a very high place in the history.

Ashoka's 14 verdicts are still very valid and specially, the practise of 'dharma' in this life which will place us among the heavenly deities in this and the next higher realm of life.

XI PANJA BOOTHAS INSIDE OUR BODY AND THE UNIVERSE.

a) Our body is made of five elements- Earth, Fire, Akash, Air and Water.

1. Earth:

Soil contains all different innumerable metal ores in huge quantities at different places. Our body contains many minerels such as calcium, phosphorus, iron, copper, manganese, magnesium, and iodine in minute quantity, micro grams or in still minute fragments of it. But they are very essential for body functions. They are found in fruits and vegetables which we make ourselves available in our food. If they are eaten raw, all of them and vitamins become ours, 'live' without being heated which is of utmost importance so that no untoward chemical reaction takes place.

2. Fire:

Our body is maintained at a temperature of 98°F all our lifetime. During the process of digestion, the food is digested and energy is released in the form of heat. All the internal functionings like digestion, elimination processes of wastes through perspiration, urination and defaecation indicate the presence of heat very clearly. This body fire is put out only when it dies. The body is chilled, body functionings stop and the muscles stiffen. These are the sure signs of death of any living being. After death, body is made food for fire and the ashes get mingled with soil and water. If the body is buried, the heat under the earth helps disintegration and transformation into the soil.

3. Akash:

Akash in the universe is vast, where in innumerable heavenly bodies, such as the sun, the moon, stars and galaxies are floating in the sky and are moving in certain particular circuits and change their places now and then. Each one has their specific functions to perform. All our organs, similarly occupy different places in our body where some are fixed, some are hanging and some are moving with certain limitations. But all perform their due functions without any clashing with each other. The mobile diaphragm is a protective dome between the chest box and the abdomen with fluid.

4.Air:

Air blows at different speeds towards different directions. All the hollow body structures are filled with air which is moving also. In the bowels, the movements are obvious. If not for these regular spontaneous movements, the 'bowel movements,' digestion of food and the elimination of wastes are not possible.

The lungs are filled with air and here also it has its own automatic movement and an exchange between oxygen and carbon dioxide takes place which is vital for life.

5.Water:

Our body contains 75% of water. All the internal organs are kept moist and only then they can perform their functions. The blood circulation is maintained without any frictions because of the high water content in it. Each cell and within the eye balls water is full and the turgidity is well-maintained. All the nutrients and the elimination of wastes are carried on through lymphatic channels with water. The elimination of unwanted salts is done in water medium through the renal system and the skin, wonderfully adjusting with each other.

This is our wonderful body intelligence and we must help our body to perform its functions by offering at least 50% food with 70% of water daily. If so, there is no need to drink 6 litres of ordinary drinking water which may overload the kidneys. If we manage to take 100% of water containing food, there is no need for ordinary water intake.

We must do all that is possible within our capacity to maintain our body's integrity of 5 elements.

b) The Panja Boothas of the universe:

The same Panja Boothas are vastly present in the universe, beyond our imagination. We are just a minute speck of it and we must bow before these awesome, powerful elements and their manifestations. The whole humanity and all the other living beings are absolutely powerless before this nature. So, we must obey the laws of nature in all humility. Since, we have failed in this miserably, we are facing the most awesome natural 'nemesis' which means nature's vengeance that we suffer.

On the contrary, if we unite ourselves to nature and the integrity of both, the universe and the body will be maintained which is of utmost importance.

1.EARTH:

The soil and mountains of enormous amounts are spread in the whole universe. The land is of 1\5 th. and the remaining 4\5th. are filled with water. There are high mountain peaks and vast ranges of a little lower elevations, the hills. Mostly yogis prefer to live in the mountains and the forests, avoiding the civilised world in order to live directly with nature. The mountains are covered with huge forests which shelter innumerable bio-diverse animals and plants. The highest mountain peak Everest is in India about which we are proud of. The successful reaching of its peak is no 'conquest' of Mount Everest 'but a touching the feet of 'MOTHER NATURE.'

The elemental differences between the mountains are vast. Variations between the mountains and the soil are great. In some countries like Indonesia and Japan and a few more islands, there are hills called 'volcanoes' and they erupt now and then, throwing out burning 'lava'. Earth tremors and tsunamis are common here in these small islands. Such sudden events are taken as natural calamities, because they cause great destruction to the living beings around many KMs.

From time in memorial, man has been living in these islands amicably and using all the precious living and non-living things for his sustenance, harvesting them sustainably. From 18th. century onwards when huge machineries have been invented after industrial revolution, man has started exploiting nature to his own detriment. Mining to reach the underground precious metal ores, fuels and water, have very serious consequences. The so-called 'development' is leading to great destruction of nature.

The soil supports all the living beings on earth. Recently man has started exploiting it by private ownership wherein the evil element money has a large role to play. Man destroys the soil by dumping poisonous chemicals and rays which cause diseases in man and his own destruction and of other living beings.

Wars are being fought recklessly, politically for owning the soil, seas and mountains between different countries without least considering the well-being of people living there.

2.FIRE:

Fire is caused by excessive heat from the sun spontaneously, causing great devastations. Frequently fires devastate huge forests and come to spontaneous halt or by human interventions in many countries. The fire-ball which arises in the east and sets in the west is the source of great energy for the whole universe. Sometimes even these fire balls are hidden from our view by dark, thick clouds. It appears in different parts of the earth at different times. It appears in some continents of the geographical atlas more and less in some. Where the sun shines more, the bio-diversity of flora and fauna is glorious. The temperatures vary accordingly, from about 40°C to -50°C or less

where ice is formed. The temperatures vary depending on the height of mountains also. In high elevations, the mountains are covered with snow.

Heat of the sun causes various changes in all the other elements. It melts the ice in the polar regions and ice covered mountain peaks. Huge and small rivers are produced which all run towards lower regions towards the oceans. The water from the huge oceans and rivers get evaporated, the winds carry them to different parts of the universe. By means of clouds, the water is carried and when cooled, rains pour over the earth and once again the water runs along the rivers to reach the oceans. Thus there happens a constant cycle of events in nature. When this cycle is disturbed by some environmental factors, disasters like the floods, cyclones and heavy rains occur. Floods and drought alternate with each other which affect all the living beings.

When man uses too much of fire elements by burning the renewable and non-renewable fuels, all the other elements are getting affected. A lot of unwanted 'green house gases' are produced which increase the global warmth and thereby climate changes. Thus there happens a lot of unnatural changes in all the other elements and they appear as natural calamities in the earth.

3. Akash:

Akash's enormosity is unfathomable and it is referred to as 'heaven' also by some. The heavenly bodies that float are uncountable. Before the sun appears on the horizon, a huge number of these are clearly seen by the naked eyes. Our ancient scientists devised telescopes to study Akash and its noble bodies. 'Astrology' is a great science which is growing fast with the inventions of high-tech telescopes. Our ancient scientists were able to study and develop a system of time calculation and a calendar. Indian scientists studied deeply the influences of heavenly bodies over human beings and developed a science called the 'horoscopy'. Even the same influence the crop growing and a lot of studies have been done by a German scientist by name Rudolf Steiner which help organic farming practices favourably.

4. AIR:

The importance of air need not be stressed, for we cannot live without it. It is a mixture of many known gases such as oxygen, carbon dioxide, nitrogen, hydrogen and helium etc. Oxygen is needed for all the living beings both plants and animals to breathe and carbon dioxide is the waste from all the lives. It is the plants which take in the carbon dioxide from air, water, nitrogen and other salts from the soil, and in the presence of chlorophyll in their leaves, produce starches, the food for themselves and all the living beings, animals and human beings. These are the primary food

producers'. We must appreciate much the wonderful and unique job of plants. We need not dump on the crop many salts as fertilizers.

Air is in the akash with a lot of powerful movements and is called wind. During certain months, air blows from a particular direction towards the opposite directions, bearing rain clouds to a particular part of a country. They are named according to the directions such as the 'South-east monsoon' and the 'North-West monsoon'. The dark clouds some times strongly clash with each other causing thunders with loud deafening, frightening sounds and lightnings which are fast blinding flashes of light. These are the occasions that we realise the glimpses of nature's great power.

It been studied that for a rise in sea temperature by 1°C , causes 20 times more chance for cyclones. Earlier, up to the 19th. Century, there was a regularity in rains coming down, about 3 rains per month which greatly helped in agriculture. But now rains have become very much unpredictable and erratic and rains of 6 months are poured within a short time of 15 days and too much of rains become floods, rivers overflowing and rushing to reach the seas have become serious problems. Mostly floods and droughts alternate in a particular unusual patterns that badly affect agriculture and forest life.

Hurricanes with high velocity cause a lot of havoc to all the living beings, destroying all that have been built up hitherto.

Air pollution by various poisonous gases is a growing global concern which causes a lot of universal problem like ozone-layer-depletion exposing the sun directly to the earth and all the living beings.

Ozone contains 3 molecules of oxygen and forms a protective umbrella for life on earth from harmful rays from the mighty sun.

5. WATER:

Water is made of 2 parts of hydrogen gas and 1 part of oxygen gas. Water exists in 3 stages of gas, liquid and solid ice. Life both plants and animals began in water. From such a favourable environment, evolution started.

Sea water surrounds the land on all sides of the earth. When water surrounds a land on all the four sides, it forms an island and a peninsula is formed when surrounding on three sides. India is a peninsula with Himalayas on the west. The rain water and the rivers are good and pure till it reaches the seas. There are numerous salts dissolved in the sea, making it salty. Of all the salts in the sea, we separate sodium chloride for our use.

The living beings in the salty sea water amounts to more than on the land, varying from microscopic organisms to huge and hefty animals, weighing many tons. Oxygen dissolved in it give them life. Of recent, sea water is heavily poisoned which kills all sorts of living beings and hence, some species disappear and come under RET list of IUCN. Human beings dependent on sea-food get poisoned equally or more and some disappear after suffering from some diseases during lifetime.

Water from melting of ice from the polar regions and snow-covered mountains is good as long as they reach the sea. Acid -rains are common in industrial areas, due to the air laden with acidic wastes from the industries. Innumerable living beings enjoy living in good water as long as they are not affected by the great pollution. From the mountains, water reaches the land through numerous water-falls, the greatest is Takanika in Africa. Mountains and water-falls are found in all the countries which are enchanting manifestations of nature, and of water.

XII UNION WITH NATURE.

The only way to live healthy is union with nature. Yoga is this in true sense of it and not just exercises, asanas, pranayamas and meditation alone.

In practical life, we have gone far away from nature. But we must come back to nature's lap to get our diseases healed, to prevent diseases and to enjoy peace and harmony. Before the awesome manifestations of nature, we must be aware that we are minute dots, in all humility. As a family, now and then we must take care and plan to go to nature from our usual commitments and routine daily life to enjoy nature. Once a month at least, we must plan to enjoy some days of leisure near some sea-coast or riverside holiday homes. Certainly we will remember our origin in water within mother's womb. Daily it is good to allow the newborn babies to float, and then to splash water in bath tubs as they grow up.

We need touch with soil on barefoot for connectivity with the universe. It is good to work hard productively in our small home-gardens, growing greens and vegetables with our own organic compost which is very beneficial.

From childhood it would be better to expose our body to sunlight during or after sunrise and before sun set.

During warm days, it is good to sky -watch the marvellous myriads of stars and the moon at different stages. To sum up, let us grow in awareness about nature and love nature and grow as part of nature which will surely give us good health all our life.

XIII. ANOTHER QUEST – THE VIOLENCE, CRUELTY IN OUR GENES,

CRUELTY, A CHROMOSOMAL DISORDER.

I have been searching for explanation about diseases and death all my life and I have been working on that learning as much as possible from other thinkers, writers and life experiences of great people..The second thing about which I have been greatly intrigued is the ‘violence and cruelty,’ which I see around me and read in the newspapers daily. Definitely, it is a chromosomal disorder. I think if we study the evolution process deeply, we may come across some insight into this problem.

a) Man in evolution:

Ancient Siddhas of Tamizh Nadu have said with their intuitive knowledge that the earth came into existence 3 billion years ago when there occurred a few changes in the five elements, the ‘Panja boothas’. Following some more changes, the bio-diversity in plants and animals came into existence.

In the 7th.century, the great saint, Manicka Vasagar who received divine knowledge from Lord Shiva sang about man’s origin:

‘From grass, plants,worms.trees,
Many animals,birds,snakes, stone....man.....

In 1859,much later,Charles Darwin in his book, ‘ On the origin of species’ says the same.His theory is that changes which occur in the genes and ‘natural selection’are progressive in nature.

A human child enacts the whole process of evolution during the intra-uterine period. The zygote is of a single cell just like amoeba. Then it divides many times to become a ball of many cells in the morula stage.The cells join together to form tissues and the tissues organise themselves into organs and the organs arrange themselves into a whole human body.During it’s growing stage, it looks like an amoeba, a fish, a lizard, a big headed monkey with a tail. Towards the last stage of growth, it loses it’s tail and assumes the typical look of a ‘human’ being.This indicates and proves the most humble origin of man.

The laws of nature are very exact and stringent.Only the green plants prepare food for themselves and for all the animals also.These are the ones that give out oxygen to be breathed by all. All the bio-diversed animals depend on plants and on each other for food.The ‘predator-prey’relationship which exists between them maintains the ecological balance in nature. They live,let others live and adjust,giving way for others to grow and change into various higher forms.Eventually the ‘cave man’ appeared in Africa and warm Asia. He was part and parcel of ecology. He ate and was eaten by others also.

But the 'modern man' who appeared in Australia was different. He did not live in unison with other species in nature as the 'cave-man' did. He made himself an 'omni-predator' and not a 'prey' to anything else. What helped him were:

1. His highly developed brain. 2. His capability to make cruel weapons to kill others even at a long distance 3. His capacity to reproduce enormously and 4. His remorseless expansion into all different parts of the earth. 'The dawnless night of extinction descended upon the huge land dwellers and then the water-living fishes, amphybians, insects and plants and then rivers, lakes, estuaries, coral reefs and even the open seas. The magnitude of extinction was documented by the fossil-records after the natural calamities'.

This man started killing others, beginning with animals bigger than himself. He did that successfully because:

1. The bigger animals were of a very big size 2. They had a long life-span. 3. They were a few in numbers 4. Slow mobility on land because of their huge size and 5. Their much less reproductive capacity compared to man. He targetted and managed to kill them one by one to the maximum which have all entered into the IUCN -RED 'Rare, endangered and threatened' list.

All this time, man was attacked by numerous insects like the flies and the mosquitoes that carried germs which produced many epidemics of diseases which wiped out people in big numbers. These became man's predators and kept him under control, maintaining the ecological balance.

In the middle ages, diseases like the plague, cholera, poliomyelitis, malaria and tuberculosis played havoc as predators and man became a prey and victim whenever these took an upper hand.

Victory won:

In 1939, a scientist by name Paul Muller discovered a poisonous chemical by name Di chloro di phenyl tri ethylene, the famous D.D.T. It was called an 'insecticide' because of its property to kill insects like mosquitoes.

The World Health Organisation, WHO organised a huge world-wide 'Malarial eradication programme' in 78 countries relying upon DDT, at an enormous cost. By then, many countries started producing DDT and also other poisonous chemicals like Eldrin and Pyrethroids. Millions of people were saved from death due to malaria and many millions were prevented from attack of malaria. It was an enormous success for WHO in its war against malaria. The whole world celebrated the liberation from diseases and death.

In 1928, Alexander Flemming discovered Penicillin, an anti-biotic which was a life-saving drug during the World War II against infections of war-injuries and death.

a) Victory won:

All these recent discoveries were a turning point for man and at last he won victory over his ancient enemies, the germs and the insects. Once again he started to intervene into nature, this time on small insects and microscopic organisms with the help of deadly chemicals. Scientific researches spread world over in discovering more and more deadly insecticides and anti-biotics.

b) Victory lost:

But this victory did not last longer, for in 1978, 51 species of Anopheles mosquitoes started to develop resistance against all the existing insecticides. Microscopic germs, all the bacteriae and viruses developed resistance against all the antibiotics. This is the 'resurgency of species' which Dr. Jayaraj, the former Vice Chancellor of Tamizh Nadu Agricultural University, well explains in his famous book, 'Resurgency of sucking pests'. The germs and the insects have become 'super-bugs' which means that these have reached a stage of not being killed by any deadly chemicals.

The medical world and the pharmaceutical companies have taken this situation as a challenge and intensify their search for more and more deadly chemicals. As Ms. Rachael Carson says 'Man will not realise the devils of his own creation.'

Then, the world was full of germs, as today is full of carcinogens. Man did not put the germs into the environment and his role in spreading them was involuntary. In contrast, man has deliberately put the vast majority of carcinogens into the environment'.

Edward O Wilson in his book, 'The future of Life' says; 'The living world is dying, the natural economy is crumbling down beneath our own feet'. In the name of 'modern development' Science and technology has led us into these bottle necks and now it must help us out with a way through.

XIV. Man and Nature.

a) Exploitation nature out of greed:

Mahatma Gandhi says; 'Nature can provide man for his needs and not for his greed.'

In the wild, the jungle rule is that the predators hunt and kill their prey only when they are hungry that means only for their living. Here, man differs in that he hunts and kills not only for eating but also more for pleasure and greed. In our country our ancient kings had been hunting for pleasure to let loose their bravery. The British killed a lot of our beautiful animals for pleasure and made decoratives out of their stuffed heads and hung them on the walls! One British noble shot dead 726 ducks floating in a river in one spell!

Even now daily newspapers tell us how our forests are destroyed by illegal felling of sandalwood, red sanders, teak and other trees and transported and how many tuskers for their tusks are killed and how many tigers and panthers are killed for their skin and other parts. Beautiful birds, tortoises, snakes and some more from the seas like the sea-horses are smuggled and transported.. There are special routes for trafficking by special people with special help for all these robberies and exploitation of nature is never ending.

Till about 1957, pearl-hunting was carried on in all the countries for the sake of .2% of pearls in the pearl-oysters, recklessly 99% of all the pearl oysters were thrown out of their sea-habitat. It has been banned in all the countries and the hunting is not done illegally because of the risks involved in this job. Now artificial pearls are cultured under monitored conditions and China is leading in this trade, culturing even black pearls.

Honey bees live in their colonies high up in trees or mountain holes which we take as an example for well-organised hard work and division of labour under discipline. We admire them knowing the great distances they fly to collect even one drop of honey. All that we do for them is stealing their precious honey stored for their progeny out of their hives after chasing away the flying adults by smoking or spraying pesticides and killing their future generations, their worms and eggs mercilessly.

Just because the silk-worms are able to produce soft, beautiful silk to protect themselves, we grow and kill them without any mercy in their cocoon stage.

Just because we like more and more milk for our consumption, we make them machines of our own selfish designs, destroying their natural family life. The males are not needed for progeny and we slaughter them to flatter our 'fat-tooth.' They are slaughtered and then commercialised and politicised.

We destroy the family lives of chicken, just because we need more eggs and meat, we genetically modify them to break their nature and make them machines of our selfish designs. So now our genes are coded for cruelties of all sorts which are read and seen through the media fitting into the 'men of Dalai Lama's description' who live neither in the present nor in the future.

b) INVASION BY THE BRITISH.

In our Indus valley culture, there were no religions or castes. But there was rule by the dynasties and very badly fragmented by narrow domestic walls. Only after intrusions of foreigners, who united us in a way but were fragmented more by castes and religions.

England is a very small country only with 1,30,000 thousand sq. KM.area. Then India was fairly large, 7th largest in the whole world.The Britishers who came to India as ‘traders’ in the name of ‘East Indian Company’were clever enough and very much interested to study the deep cleavages among the petty kings and the hostile competitions between them.There existed a rivalry between them for land-grabbing. The Britishers were clever and cunning enough and capitalised this situation ,blowed the differences big in favour of one to kill the other. One by one they managed to kill many weak kings using the same ‘divide and rule policy.’ They managed to dethone the kings who did not have a child .All were made to pay them taxes.Those brave ones who revolted like Veera Pandia Kattabomman were hanged.They ruled India between 1757 to 1946.They exploited our country, huge famines were created. They plundered our wealth and took to their country. Our Kohinoor diamond, the biggest in the world is one of them. still decorating the crown of the British queen.

Now our people steal our precious sculptures from our temples to sell them to other countries! When our country was declared ‘independent’without blood-shed and violence, thanks to the noble leadership of Mhathma Gandhi and the un countable sacrifices of our courageous freedom-fighters. We became ‘democratic’ruled by the people for the people etc..Once the white intruders have left, we thought that hereafter we will have our own golden ruling.On the contrary it became worse than before just making true of what the Britishers said that the Indians do not know to rule themselves, for India is too big a country for them!’

The government and law are for the name’s sake,all are fonctionning for the sake of a few ‘haves.’ The cleavages between the ‘haves’ and ‘have-nots’have become wider. Thinking of common welfare is unheard of. Natural resources are exploited to the maximum.Accumulation of wealth is un controlable and land resources and food are in the hands of a few in unimaginable ways. The exploitation of the weaker sections continue in the name of ‘politics.’Religion does not touch the life of people and the rituals have become elaborate and a lot of illegally earned money and gold fall into the hundies of all the temples and from there its route is not known or even if known , nothing is done about it, but justified.

Our politicians are spreading red carpets for foreigners to begin ‘Foreign Direct Investment’(FDI) in trade in our country about which there is a mutual agreement between countries and not within the country.Opinions are divided within.Our polititions are so noble as to forget our past history as to how the traders, ‘East India Company’turned themselves to rulers! Any way it is good to revise the moral stories learnt in shools.

In the 'The story of the camel and his master with the tent in the cold desert'. It is only after the camel starting with place for nose, occupied the whole tent, pushing him out of tent in the cold night that the owner realised that he has been pushed out of his tent by his own camel!

In the story of the 'Quil and the crow' the mother crow realised that the quil has been a traitor only after pushing out its darling eggs and introduced her eggs when they cuckooed ? Isn't it too late for realisation? Hasn't the crow lost one generation of its chicks, inspite of hard work of incubating?

Are all foreigners like the foreign migratory birds that come from various cold countries, attracted by the warmth of the sun light and go back without even carrying a single grain in their beak, but taking along with them only their precious younger generation?

XV. HOW TO CHANGE OUR GENETIC ITCH ?

Thiru Valluvar says in Thiru Kural that we must live in such a way that we must be placed with the deities in the world above. In order to rise above the bad effects of our cruel genes, we have to make a high jump to change our values where money is not the god. We have to take 'avadhars' ourselves making each day a 'deevali' to kill the 'evil' for the victory of the 'goodness'.

The 'Time-karma' teaches us a lesson;

'When the bird is alive, it eats many ants.

When the bird is dead, many ants eat the bird.

Time and circumstances can change.

So don't devalue or hurt any one.

You may be powerful today but remember

Time is more powerful than you.

One tree makes billions of match sticks

But only one match stick is needed to

Burn down millions of trees to ashes

So be good and do good.'

Goodness and love are the universal power.

Rohendra Bryne says in his book 'Secret Power,' 'The world is what it is, the man who are nothing are who allow themselves to become nothing, have no place in it. We are in a compulsory state of activity. There is an entire world within you. You must realise power within you and the world. But all of it is under your commands. Love is not weak or feeble or soft. Love is the positive force of life. Love is the cause of everything positive and good. The measure of love is without

measure. Love is the greatest power on earth. Life presents everything for you to choose what you love. Continue to do good and forget about it, don't expect anything in return.

Forget the evil others do, but forgive them all.'

Daily reviewing in the night of all the good and the bad things we did on that day is essential.

Reduce the bad and increase the good day by day.

When we say 'namaskar' or 'vanakkam' with hands joined, we must remember that God is in others whom we respect and love as brothers and sisters, in spite of distinctions. This will make us and our country great.'

Where the mind is free and the head is held high,

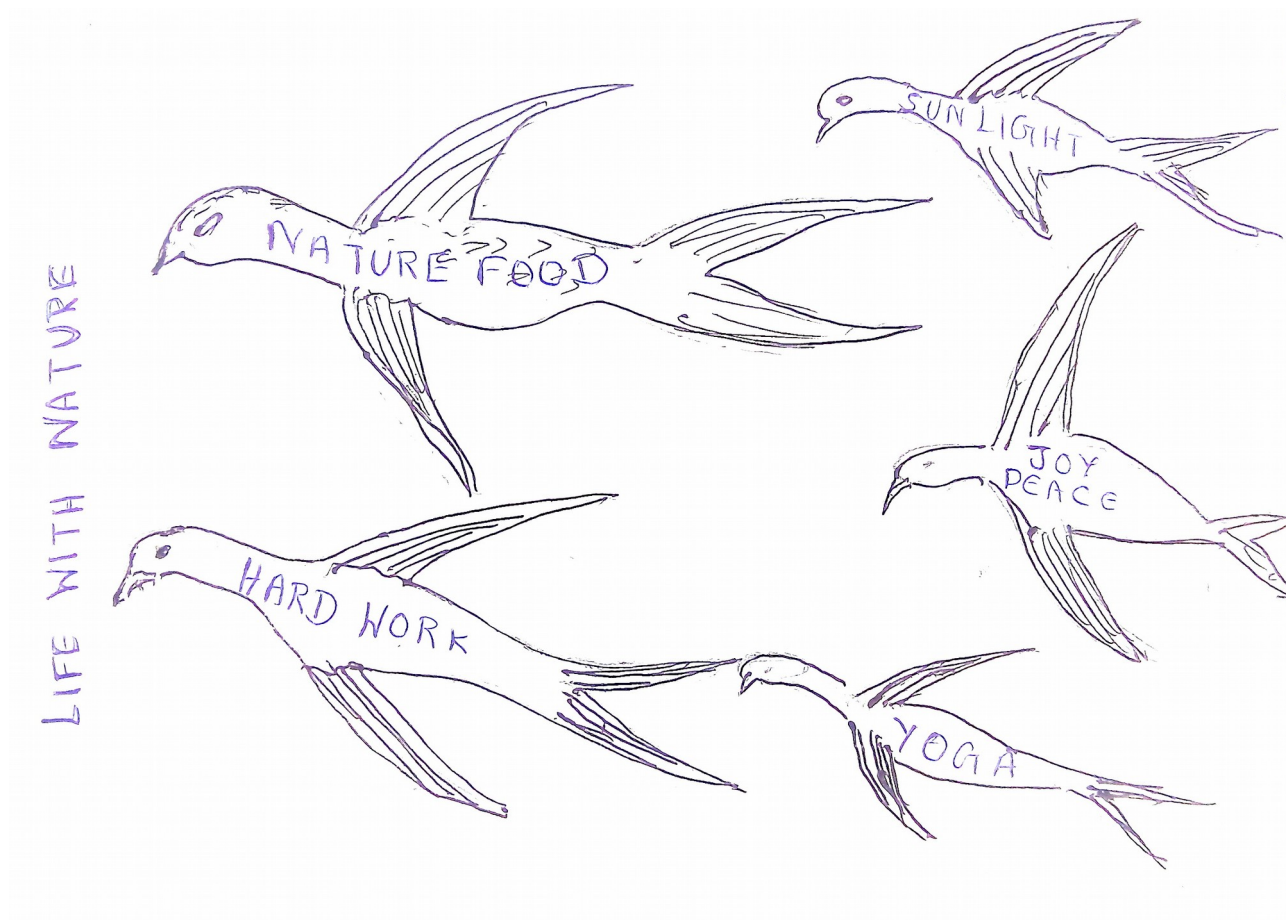
Into that haven of freedom, Oh my Father, let my country awake!'

Let us say this with Rabindra Nath Tagore as he said in his immortal 'Geethanjali.'

Anne Victoria.

Pudukkottai,

25th. October, 2018.



XVI .About the author.

My family history:

As a graduate in Botany,I was interested in the use of medicinal plants.Studied M.B.B.S. in St.John's Medical College,Bangalore.Completd internship in St.Stephen's Medical college and hospital,Chennai in 1973.Worked in a few hopitals and in my own private clinics in rural areas in Tamizh Nadu till 1988.The family of us settled in Pudukkottai in1988 which is a great turning point.

My husband Mariaselvam is a sociologist, an ardent admirer of Ivan Illich who has written the 'Medical nemesis' and the 'De- shooling socety.' He frequently says, 'There will not be any real health for people unless people stop going to hospitals and there will not be any true education, unless all the schools and colleges are closed.'So,as the first step, we decided that I stop practicing allopathic medicine in clinics or hospitals. A non-governmental service socety,NGO was registered in the name, 'Peoples' agricultural Farm' in Tindivanam, Tamizh Nadu.Fortunately, we had some guidance from social work experts like Thiru Bennett Benjamin and Thiru Y.David who helped us

both to work in community health and agricultural project. Bennett helped us through Thiru Samuel Shankar to design a project for 30 villages near Pudukkottai and the name of the project was 'Community Health programme based on herbal medicine and organic farming practices.' 'Bread for the world', a German funding agency came forward generously to help us in our new ventures. In order to equip ourselves, both of us took a lot of trainings along this line. 'ETC Foundation', an organisation from Netherland helped us with training in organic farming. Thiru Nammalwar the icon of Tamizh Nadu is our guru who taught us practical organic farming.

I started studying herbal medicine from the local village healers and dais in Tamizh Nadu.

AFPRO UNIT III, Coimbatore came forward with watershed programmes and trainings. They provided us with the technical and financial help towards 'Chettikulam watershed' in Veppangudy, about 9 kms. from Pudukkottai town. This was a fairly successful programme where people applied all the principles of watershed and planted a lot of trees in common lands and their own lands and are growing them well. It is a growing monument. It is AFPRO who suggested us to leave the bottom most area near the Chetty kulam for natural regeneration. It is designed as a mini-watershed. A few buildings were put up for training centre. A large nursery was managed to produce seedlings of indigenous tree species which were widely planted all over Tamizh Nadu, mainly in Pudukkottai district.

More programmes were offered and the most important one was 'The Foundation for Revitalization of local health Traditions', Bangalore, with the help of which more local healers were documented. The natural forests of Pudukkottai started regenerating in 13 Ha. at the bottom of Chetty kulam water shed and was named 'Mooligai pathukappu sugavanam' which means a health-giving forest where medicinal plants are conserved. This was named also as 'Ethno medicinal forest', E.M.F. and M.P.C.P., 'Medicinal plants' conservation park' by FRLHT.

Women groups were formed in 30 villages and were given trainings in the use of medicinal plants and formation of kitchen herbal gardens and farmers in organic farming practices.

AFPRO provided with technical and financial help towards 3 more watersheds. The natural regeneration of the original forests of Pudukkottai is growing as nature's gift. Now it is a bio-diversity centre. Environment education was given for schools and college students. Schools and colleges were helped with herbal gardens. My great interest is in campaigning against the pesticides with students, farmers and all.

Programmes of organic food- marketing were taken up forming a bridge between the farmers on one side and the consumers of the town on the other side.

We handed over all the rural women groups to the government 'Women development programme' and we relaxed from our active rural service from 2010 onwards.

In the mean time, our daughter, Geethanjali has completed her I.F.S. course with Indian forestry as a Punjab cadre and started working in Punjab. Now her family is in Chandigarh with two sons. From 2012 to 2015, we grew up with our elder grand son.

We have our son Jeya Prakash who, after his graduation in Botany and M.B.A. in development management, works now as a free-lancer doing some practical health research on himself.

My parental family history:

From the age of 10, when my elder sister died at the age of 18 years, I am in confrontation with diseases and death in the family. My mother died of diabetes and high blood pressure at the age of 45. My father died of asthma at the age of 75. Innumerable relatives and friends have died of many types of diseases. I took it that it is my turn now to suffer from diseases from the age of 40.

My medical history:

1. I had 2 normal deliveries in 1977 and in 1984.
2. First attack of eosinophilia started in 1978, at the age of 38, being allergic to cow's urine when we had a cattle-farm at home. I consulted a doctor friend who advised me to start allopathic anti-histamine tablet Avil 25 mg. and a broncho-dilator tablet Deryphillin 50 mg. whenever needed. I deliberately avoided anti-biotics. These helped me for prevention also. I used to take them carefully before any exposure. For the first time in my life, I became 'medicine -dependant'. This treatment I continued till 2018!
3. From 1998, I started taking herbal medicine, prepared by self for diabetes and cold, which I continued till 5-5-2018.
4. Uterus got removed in Batinda in 2005 to arrest over-bleeding and to prevent prolapse of uterus.
5. The first consultation I took was on 11-6-2009 in Bangalore C.G.H.S. hospital for atherosclerosis, a complication of diabetes. I was put on treatment for diabetes and atherosclerosis for about 4 months. By then the lost Dorsalis pedis pulsation in the left foot returned. For diabetes, I continued treatment meticulously till 5-5-2018. My blood sugar level was 101-161 mg. and cholesterol was 181 mg.
6. From 4-12-2010 started wearing ophthalmic glasses for refractive defects. Eye infections were very common, whenever exposed to dust and I used chloremphenicol eye caps frequently which were soothing.

7. On 17-2-2018 during a routine eye check up, it was noticed that cataract is beginning and OCT macules in the retina, another complication of diabetes or a consequence of old age. Injection Lincentis 17A was recommended 3 doses once a month at the cost of Rs. 23,000 per month which I decided not to take 'on principle'. One young doctor was at cross with me and asked, 'Why then do you come to the hospital? And ever since, I stopped visiting hospital. It is for the past 6 months that I have removed the chapals from my feet within the house and now I am in touch the ground.

8. For the past one year, I felt that my bowels were very weak. From Chandigarh, I phoned up to my son for advice, telling him all the symptoms. His diagnosis was the same as mine 'Irritable bowel syndrome' and he advised me a complete change of diet and sent me a book by name, 'Mucus less diet-healing' by Dr. Arnold Ehret. My daughter and myself read this and also 'Fit for life' by Dr. Harvey and Merylin Diamond.

I decided on the 5-5-2018 that I will switch over to only raw diet- of tender coconuts, all fruits, vegetables (carrots, radish and tomatoes), nuts (Badam, ground nuts and puffed chenna) and sprouts of some cereals (pearl millet, ragi) and pulses (cow peas, horse gram and green gram). Earlier, I used to avoid taking cold fruits belonging to the family of cucurbitaceae like water-melon, musk-melon and cucumber tender and fruits. Now they are my main food. The first things I take in the early morning on empty stomach are over-night soaked fenugreek seeds and fresh amla juice. In the evening, I take pomogranade fresh juice. I take all the other fruits like 1 or 2 bananas, grapes, guava, pine -apple, apple and pappaya etc. During the day, Cashew nut, ground nuts, bhadam nuts and puffed chenna are my snacks. My plain water-intake is very minimal, for already all my food contain about 70% of water. I take no salt and any sweetening agent.

I have abruptly stopped all the different treatments of allopathy, homeopathy, siddha and herbal medicines that I have been taking for many years from 1978. Now, I never miss yoga, vipasana meditation, short walking and Akash, sun-worship and gaze in the open terrace during sunrise and sunset. I wash my eyes 4-5 times a day and wear sun glasses when I go out.

I thank god and pray mostly that I am feeling much better and my eyes are as usual. Any way here after I will not go for any medical consultation. Once again I have taken my health in my hands. I am no more 'doctor and medicine dependant'. I greatly marvel at the healing capacity of my own body, which I observe very carefully and record. I check my body weight and blood sugar-level once a week. My food is my medicine and medicine is my food.

I spend my time reading, writing in the computer, typing this book myself. I write equally well in Tamizh also. I do all the house-hold works and in our home-garden where we grow some greens,

vegetables, fruit and ornamental trees and potted plants, using our own organic compost. I am sharing my life with my friends and my neighbours and with you through this book.

I have already written my autobiography till 2015, which I will continue from there in future.

My interest is in making our EMF into a natural interpretation centre for 'the use of medicinal plants' with formation of a few theme gardens for various diseases like diabetes, anaemia and women's problems etc. so that visitors could learn which medicinal plants are helpful for what diseases and learn to identify plants in their natural surroundings helped with labellings. I am preparing myself to conduct one day- nature camps with nature food for those who are interested to spend one day with nature in the regenerated forests.

Anne Victoria,

25th. October, 2018.

Post-script on 25th. November, 2018.

Recently, I had the opportunity to meet many of our neighbours in their homes for death-events, with whom I had a short time to discuss their life problems. Each one of them have poured out their woes of health problems, a long list of diseases and how well they manage with the help of the medical world, each one becoming 100% 'doctor and medicine dependent'. Yes. The human body has become an abode of diseases by the age of 30 years by our ignorance and mismanagement.

On the 16th. November, 'Gaja cyclone' hit Pudukkottai district and played its maximum havoc in a few districts of Tamil Nadu and it confirmed how man has been triggering the destruction of both his body and the earth.

My professional life and the outcome of it:

The community project works which we had been doing from 1990 to 2011 has moulded my life. I had taken trainings in project-formulation and management. Ever since, whatever activity I do, for example a small family function like a marriage, I do in that particular project formulation fashion, such as what is the need, the strategy, time-frame, budget, the people to be involved, to be responsible and the outcome of it etc. and put it in writing to be sure that I don't miss anything small. It helps a lot towards success. 'Prevention and precaution' is the dictum I follow all my life, and I have found out these are the magical words for success.

The outcome of the project works of many years is that I have studied our rural local healers' and people's practices of herbal medicine and organic farming in Pudukkottai district. I have written a

few books and have given to them on due time with trainings. This is a series of books ‘for people to become their own doctors’;

1. ‘Herbal medicine people know of.’ in Tamizh and English 1994. and in 1995
2. ‘Two poles and the facts in between-health and disease.’ Tamizh and English. 1999.
3. ‘White devils’ in 1999. only in Tamilzh
4. ‘Nalam tharum Mooligaigal’.(The herbs that give good health) in 1999. only in Tamizh.
5. ‘Pennukku pen maruthuva kalvi’(Learning herbal-medicine from women to women) A Training manual for women. Only in Tamizh.in 2009.
6. ‘Mooligaigalinal Payir pathugappu’(Crop-protection by medicinal plants, a picture book meant for un-educated) only in Tamizh.in 2003.
7. ‘Herbal medicine for food and medicine for women’. 2003. only in Tamizh.
8. ‘Iyarkai velanmaikku vazhy katty.’ only in Tamizh. A training manual for organic farming.

Anne Victoria,

25-10-2018.

Pudukkottai.

My wishes for all of you.

We must not become a prey to octopusses, but free ourselves and fly as free birds towards freedom from diseases by returning to mother nature towards a life that is healthier and happier in being closer to nature. I am just waiting to become part of nature at any time when the call comes without ever intervening with medical help. I wish all of you the same freedom in future by flying to come closer to nature and thereby a disease-free life!

Dr, Anne Victoria.

1st.January, 2019.